

SEVEN DAYS

ADDICTION
FRICTION

Does VT really
have a drug 'crisis'?
PAGE 14



HEALTH
AND
FITNESS
ISSUE

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VT women team self-defense

» **MIDDAY PLAY** PAGE 32
Grown-ups rediscover Recess

» **FROM FAT TO FIT** PAGE 40
Professional foodies slim down



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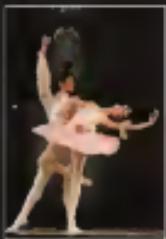
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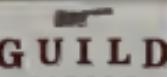
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A Case for Compassion



Bethany Bourneau, the wife of a slain family shot by police three months ago, implored the Burlington City Council Monday night to invest more resources into training officers over the potentially fatal Seven Days. After Pernice responded on the off-Milwaukee 888.

A police officer shot Wayne Bourneau on May 20. In response to a call from his mother, who said the 49-year-old was threatening to kill himself, at about 11:30 p.m., police say that Bourneau, who struggled with a severe depressive disorder, charged two officers with a shotgun before he was shot.

Both officers were members of Vermont's metropolitan police. My husband was a very caring, gentle, loving, nice person whom we all felt a kinship with," Bourneau told the council. "Police have to be changed."

City councilors, on the wings of tears but maintaining their composure through it, listened. Burlington's police proposal, "Training: needs to be increased for greater officer safety on how to handle mental health issues," was read and voted in by every councilor. Every officer should have a basic knowledge of proper safety, a permit to anything, that's not a letter!

When the motion to be read, Burlington Police Chief Mike St. John brought her a cup of water. Later

he returned to her, holding a handful of roses, and the issue passed before she stepped out of the room.

Surfacing just now, the Bourneau family is pushing to have a Monday march to support a resolution put forth by City Councilor Diane Hertzberg (D-Winooski) calls for a review of police procedures for dealing with mental health crises.

Councilors voted to amend a motion of silence after Bourneau spoke, and they later passed the resolution unanimously.

During the motions, St. John commented that he's a cop and learned all within systems — We have failed to keep living in our emergency departments for set out-of-kid — that's helping too heavily on local law enforcement.

The Burlington police chief then said that while all officers carry paper tape, it wouldn't have been a plausible alternative in this case, because the man was threatening officers in a deadly way they needed to respond to.

St. John said he recognizes that police presence can be counterproductive in these scenarios and that his department is continuing to work with the Humanitarian to introduce his officers to de-escalation situations that don't involve enforcement.

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facing facts



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has elicited all
kinds of mixed
reactions. One place
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the state of Vermont.



THE ISSUE
FOR VERMONT
Gov. Shumlin will take
one more crack
at transforming
the Marcy Plaza
— a 20-story
building held by two
elevators, a staircase,
a bathroom and a
swimming pool.



FOR HOME SAFETY
The mother of an
Eau Claire man
killed by his father
was recently
awarded \$1.5 million
in a personal injury
suit against the
mother. It just goes
to show.



**A HOME-BREWED
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The Department
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alcohol — and not
enough doctors take
note. That could be
about to change.

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annually by applying
the product to seeds in Vermont. The
company gets to keep the "VerMintis" name, though.

TOP FIVE

1. "Running on Empty" by Andy & Cag
"Wellness" by Ben Boller. The two music
sisters harmonize on this 12-song album
about their life after a battle with leukemia.

2. "An Injusticable Human Is Bringing
Humanity Back to Vermont" by Kim Davis. Vermonters' Davis saved
2021 gubernatorial jobs in the state after
coming out of the first of four bankruptcy

3. "Shattered: The Story of a Broken
Heart" by Bethany Bourneau. A South
Dakota woman describes her son's

4. "Woman Disappearing, Reappearing Victim
Speaks for First Time Since Being
Kidnapped" by Pam Davis. A St. Johnsbury
woman talks about the 2010 kidnapping
that nearly killed her.

5. "Supermodel Gisele Bündchen Wins Model
Award With Benefit" by Pauline
Rosen. Before she was a supermodel, Gisele
Bündchen was a cheerleader, competing
with Heidi Klum.



"Please let me enroll at
Champlain College," because it
offered me the flexibility
that I needed."

— Lynne P. Director of Health Services
at Vale Health



a willingness to restructure a portion of its long-standing care model? The Retreat came through as a better hospital and accomplished what the beleaguered state hospital had been unable to do in the previous decade.

As both an outsider and a now-healthy care professional, I was continually struck at the ability of the Retreat staff to meet the dizzying array of federal and state regulations, regulations that at some times appeared to be in conflict with each other. A hospital the size of the Retreat is an incredibly complex organization, adding to its patient mix with the challenges of the state hospital patients basically overnight and expecting it to respond "perfectly" is more thinking than is due.

In my mind, the Retreat and its staff's ability to continue to serve even more patients, patients who have more complex illnesses, under an ever increasing and multifaceted regulatory burden with the skill to do what they do, is the real story to be told!

Peter Sherick
BURLINGTON



Andy Williams

HONORING ANOY WILLIAMS

Thank you for your coverage of Andy "M-Dog" Williams ("It's Best Goes On," January 8). I want to honor him by donating some money to a cause he would appreciate. What would that be?

Patty Hecht-Lau
BURLINGTON

Seven Days reached out to Williams' girlfriend, Julie Farnsworth (Kearns), and her response follows below:

Andy became a spokesperson and firm supporter for two linked organizations that raise awareness and promote donor drives for the bone marrow bank. Be the Match (bethematch.org) and Marrow Marrow (marrow.org). Monetary contributions are definitely appreciated,

but perhaps even more important is signing up to be in the bone marrow registry. It's free, simple and painless — and it could save a life. They also encourage cord blood donation, which is another major breakthrough for people of mixed race like Andy who may not find a living donor who is a match. Eventually Friends for A-Dog, which is currently being set up as a nonprofit, will be channeling funds to these organizations as well as raising awareness on that issue. It would be an amazing legacy to have Andy.

Joan Farnsworth
BURLINGTON

CORRECTIONS

In last week's story "In Honor of Elvis," South Burlington's "King" Leslie A. "Presto" Lewis was no longer on the South Burlington City Council. She is, but was not reelected to claim our apologies for the error.

In last week's Fun Days column, Paul Heintz erroneously reported that former House majority leader Lucy Letarte "resigned her seat in June 2011 to take a job with Green Mountain Power." In fact, while Letarte announced in May 2012 that she would not seek reelection, she served out the remainder of her term. In June, she was hired by Green Mountain Power.

ATTENTION READERS

Seven Days is looking for Vermonters willing to share their stories about long-term unemployment. Have you been looking for a job for months, with no luck? Are you making plans to get by ahead — or barely — working part-time? If you're willing to speak with a reporter, please add a brief summary of your experience to luke@sevendaysvt.com.

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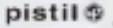
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LOOKING FORWARD

HEALTH & FITNESS It's mid-January and the issue is timed to bolster your commitments to eat less, exercise more, quit smoking, drink less. But there's more to life than resolutions. Charlie Schucker goes out for *Focus* — a new enterprise that gets some Burlington employees playing games at lunchtime. Ken Picard pursues the safe-sex beat with a report on condom condoms, while Sarah Tuff interviews some black belt bachelors who teach women self-defense, and Lindsey J. Wescley tries to keep up with one-legged skier Yves Sojbre. Alice Lovitt tells us about professional foodies — including herself — who've found ways to drop pounds, and Corin Hirsch reports on the alarming rise of food allergies and sensitivities — and how chefs are coping.



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services	E-2	product analysis	E-5
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①

THURSDAY 17

MELTING POT

When Red Baraat (pictured) performs, the eight-piece Brooklyn-based band brings a multitude of musical influences to the stage. Founded in 2009 by dual player Sunny Jain, the group has risen to fame with a signature sound that threads elements of jazz, go-go, funk and hip-hop into traditional North Indian bhangra rhythms.

SEE CALLIOPE LISTING ON PAGE 48



7

②

FRIDAY 18

Well Said

According to the Chinese zodiac, 2014 is the Year of the Horse. Using this fact as a creative premise, lyrical artist performs angi-artist material in **WORDSCRAFT: Expressive Arts** (Rhythms Sessions) at the Gladstone Hotel on Friday. The evening of spoken word and hip hop performances culminates in the art of wordplay.

SEE CALLIOPE LISTING ON PAGE 48

③

TUESDAY 21

Back to Nature

With three paint and pastel studios, Andy Goldsworthy's studio consists of 17 acres of gardens and seven studios. Once an environmental traditionalist who uses the materials he encounters in the wild to create site-specific installations, Goldsworthy's "Return to the Wild" (with a subtitle of "A Journey Through the Creative Process in the Wild") will be the subject of his 2011 documentary **River and Forest**.

SEE CALENDAR LISTING ON PAGE 50

④

SATURDAY 18-MONDAY 20

Field Days

Half naked horse-drawn vehicles and wagons with them painted like wild animals are the main attractions at the **Stepney Bike Week**. Take time to stop and listen to the headstrong deejays who will be performing, documenting **Waves From Little Rock** screens in observance of Martin Luther King Jr. Day.

SEE CALENDAR LISTING ON PAGE 50

⑤

SUNDAY 19

Choose Your Own Adventure

Looking to cross disciplines? Enter the buy-out of all of your bucket lists? **One Cool Weekend** purports to be among the many offered at the **Movie Tour de Series**. Stories, interviews, numbers and workers of all types and abilities put up the best of events along the lower 48's more recent and past where they participate in a wide variety of activities.

SEE CALENDAR LISTING ON PAGE 50

⑥

TUESDAY 21

Perfectly Paired

While the band's self-titled sophomore album is emerging, folk singer-songwriters Diane Jurek and **Alex's Mitchell** are bound by their gift for story telling. **Stories (Lentils and Beignets)** (by way of **Reverb**) respectively, they channel for recycling and whims when pushing the limits of folk and rock. The duo is based in the heart of the Adirondack Mountains.

SEE CALLIOPE LISTING ON PAGE 48

⑦

ONGOING

Good Foundation

You don't have to travel too far before a structure featured in the 1991 **Observing Vermont Architecture** comes into view. Compiled by founders of Vermont's **Architectural Record** Daniel B. Johnson and Glenn M. Andrew, the 150 photographs capture the craftsmanship behind some Vermont's most iconic houses and other physical representations of the state's history.

SEE REVIEW ON PAGE 66

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A Choice Change

Ror v. Wade remains the law of the land, but anti-abortion advocates have had a remarkable three-year run restricting access to the procedure. According to the Guttmacher Institute, an abortion rights group, 22 states passed 70 new laws limiting the practice in 2013 alone.

This year, abortion rights supporters are hoping to notch a few wins of their own in states that lie to the blue end of the political spectrum.

In New York, Gov. ANDREW CUOMO is pushing what he calls a "Women's Equality Act," one of whose provisions would codify a women's right to choose. And here in Vermont, some legislators are hoping to remove from the books an ancient, unenforceable law that criminalizes the practice of providing abortion.

"I would say with the exception of here and a couple other places, our strategy is much more reactionary. It's more defensive," says MICK DAVIS, Vermont lobbyist for Planned Parenthood of Northern New England, whose parent organization is behind the push. "I think there's a consensus that, when possible, we'll pursue more affirmative legislation."

To that end, Davis' organization hopes the Vermont legislature will pass a new bill introduced by Rep. MARY HAHN (D-Chittenden) and five others that would extend an statute in 1948 law prohibiting abortion providers with five to 20 years prison.

To be clear, the old law hasn't been in effect since 1972, when the Vermont Supreme Court ruled on *Brennan v. Zelby & Jeffrey*, that both Zelby and Jeffrey, which struck it down because the state simultaneously declared it legal to obtain an abortion but illegal to provide one, the court decided, it was "subject to the charge of bypassing."

The next year, of course, the U.S. Supreme Court handed down *Roe*, which found that the due process clause of the 14th Amendment protected a woman's right to obtain an abortion.

So if one, but two courts say Vermont's law doesn't fly, what's the point of repealing it?

"The effect of passage of the bill would be pretty technical," Davis says. "Though in light of uncertainty in Washington and in other states, I think there is symbolic impact that Vermont is reasserting the weight of a different line, in terms of a woman's right to choose, rather than retreating to that line."

John isn't the first to propose the idea of cleaning up Vermont's abortion-related statutes, nor does his bill go as far as one

introduced in the House last year by Rep. TIM JURRIAN (D-Essex Junction) and 18 others. In addition to striking out the old language, the House bill would differently state that, "The right of a woman to terminate her pregnancy shall not be restricted."

Jurrian says he introduced his bill after learning from a daughter who works at the Guttmacher Institute that Vermont is one of just 12 states with pre-*Roe* anti-abortion laws on the books. He says that even if there's no immediate threat to Roe in Vermont, Vermont should still take action. "When Vermont leads an almost any way, it's noticed immediately," Jurrian says.

MARY HAHN (DEENWORTH), executive director of Vermont Right to Life, calls the whole discussion "a joke."

THE LEGISLATURE IS DOING, KNEE-JERK, WHATEVER PLANNED PARENTHOOD WANTS THEM TO.

MARY HAHN (DEENWORTH)

"If they take it up, we're going to be pointing out that it's a nonsensical waste of time," she says. "The legislature is doing knee-jerk, whatever Planned Parenthood wants them to. Could they say and see if there's no actual problem they're trying to address?"

Whether the legislature will actually take action this year remains an open question. While majorities in both the House and Senate favor abortion rights — as does Gov. PETER SHIMKUS — there is some risk that bringing it to the floor could result in unintended consequences, says Senate Judiciary Committee Chairman DICK BURARD (D-Bennington).

"It's always on issue of what might amend it," Burard says. "It might just people on record on certain issues."

Of course, that might not be a bad thing for Progressives hoping to distinguish themselves from Republicans on more popular, social issues ahead of an election that will surely focus on the challenges of health care reform.

Burard, whose committee will determine whether Atwell's bill moves forward, says that the legislature typically leaves pending statutes alone until it has some other reason to meddle with it. But, noting that

he supports abortion rights, Burard says, "I don't have a problem with picking it up at some point this session."

Vermont Health Dis Connect

Gov. Shumlin did a masterful job last week of changing the subject in the Statehouse to something other than Vermont Health Connect.

On the first day of the legislative session last Tuesday the gov got out in front of lawmakers who've grown weary over chronic technical problems plaguing the state's federally mandated insurance exchange. As a rare appearance before the House and Senate health care committees, he announced that he would disband Commerce Secretary LAWRENCE MILLER's troubleshooter the agency had on an outside entry to investigate its persistent problems.

Vermont Health Connect, he assured committee members, will "function as a strike." What's more, he said, the website's problems wouldn't deter him from pursuing universal health insurance by 2017.

And that he moved on.

The next day, Shumlin devoted all 34 minutes of his 16th annual State of the State address to a single subject: the update on what he said is threatening Vermont (see Local Matters story, page 16). Not a word was mentioned about Vermont Health Connect.

Stanbury's singular focus on options was so compelling and so unique that even the national great corps took notice of little old Vermont — home of ice cream, teddy bears and, um, human addicts. An entire report by the New York Times' KATHARINE HUBLEY, which briefly highlights Grey Lady's homepage Thursday morning, spawned a flurry of news hits for the gov.

Soon enough, Shumlin was-taking options on PBS' NPPA, MSNBC and any other station that could book him.

Unfortunately for Shumlin with legislation back in town after an eight-month break, it wasn't that easy to shake the Vermont Health Connect story.

Later in the week, insurance company officials told members of the House Health Care Committee they needed to know within weeks whether problems preventing small business employer premium payments would be resolved. If not, the insurers said, they'd seek yet another contingency plan to allow businesses still lacking new health plans to bypass the state's website and enroll directly with the carriers.

Speaking on VPR's "Vermont Edition" Friday Shumlin and his budget to work out the kinks in time to meet the insurance

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companies' deadline, but, he hinted, "If there is a contingency model, we're going to deploy it."

Surprised, that contingency was deployed Tuesday morning.

Department of Vermont Health Access Commissioner **MARIA LARSON**, who oversees the exchange, told reporters at a Minnesota press conference that, once again, the administration had fallen short of its goal. The system still couldn't process applications for small businesses seeking to insure their employees.

In order to provide "clarity" and "predictability" to employers, Larson said, those required to select new plans by April 1 would now be required to sign up through the insurance companies — not Vermont Health Connect's website.

"Our decision today isn't based on an impending deadline," Larson said, but rather a desire to provide "time and clarity" to employers to get the job done.

Not everyone bought the "predictability" spin.

Vermont Chamber of Commerce President **MARK REEDER**, who has been calling for such a contingency plan since October, and later Tuesday, "Very little about small business excellence" in Vermont Health Connect has been predictable over the last four or five months."

First, business men with 50 or fewer employees were told they had until Dec. 15 through the website by December. Then, they were told in November they could also choose to put it off until April 1 or extend through their carrier. In December, businesses that opted to stick with the website were told that, like it or not, their new plans might not take effect until April. Now, they're being told to skip the website altogether and just call the insurance companies.

"It bugs the [expletive]," said **Ed Goff**, president of Japa, Inc., "When all is said and done, when we're saying insurance companies are better able to process payments after all we've done, what have we gotten for the right-pushing-million dollars we've spent? Because we've gone back to what we had before. The insurance companies are doing the processing."

In the legislature, Larson's announcement that insurance could fuel to the fire.

House Minority Leader and **Vermont** (R-Milton), who planned to reiterate his call for such a contingency plan at a press conference scheduled for Tuesday morning, said he's "disappointed it took so long for the governor to come to this conclusion. It means we're 14 days into the month of January. We're calling for this back in October."

Democratic legislators, meanwhile, are wary of being blamed for the website's woes.

House Health Care Committee Chairman **MARK REEDER**, who said he told administration officials to develop the deployment of the contingency plan, said he's relieved they took action. But he said his place in continue holding weekly hearings to monitor the situation.

"I think my job at this time is to continue to shine a bright light on the process and continue to push all of the entities to get this system working," he said.

When Shumlin delivers his budget address Wednesday, he'll surely continue to focus on optics alone — a weekly subject, if ever there was one. But with the Ring lights shining on Vermont Health Connect — at least until those policy legislative go home in May — it's unlikely Shumlin will be able to change the subject completely.

Media Notes

As we reported online over the holidays, *Seven Days* has hired former *VTDigger* reporter **MICHAEL PARISH** to cover Burlington, health care and higher education. A Burlington native and Pearson College graduate, Parish went to work for *Digger* in September 2013 and covered everything from human services to statehouse politics.

Parish fills the second new reporting position at *Seven Days* since former Valley News editor **JEFF BOOS** was named as the paper's conductor for news on September. Parish starts Monday.

Replacing her at *VTDigger* is **KATHY KRANTZ**, who comes from *Wellesley Daily* in Framingham, Mass. A Boston University grad, Krantz won the New England Newspaper & Press Association's 2013 Murphy Paper First Amendment Award.

The **Lahman, SHL**-based *Valley News*, meanwhile, has promoted longtime editorial page editor **MARTIN FRASER** to replace Goad as the paper's editor. Fraser was a reporter and editor at New Hampshire's *Exeter Sentinel* before joining the *Valley News* in 1986. ☐

Disclaimer: Tom Ashe is the domestic partner of *Seven Days* publisher and editor Leslie Reeder.

INFO

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What's the Drug Deal? Diagnosing Vermont's Opiate 'Crisis'

by MARK SHANAHAN

Gov. Peter Shumlin grabbed state and national headlines last week when he used his State of the State address to launch a campaign against a "rising tide" of opiate addiction and related crime.

"In every corner of our state, between and outside drug-addiction threatens us," Shumlin declared to a packed House chamber in the 2014 legislative session, begun. "It is a crisis bubbling just beneath the surface that may be invisible to many, but it's already deeply visible to law enforcement, medical personnel, social services, addiction treatment providers, and the two most Vermont families. It requires action or we take action before the quality of life that we cherish so much is compromised."

There is little doubt that Shumlin was correct in identifying opiate addiction, and a host of treatment options, as serious problems. Vermont had the nation's highest rate of illicit drug use in 2010-2011, police are making more arrests for heroin and other drug-related crimes, and 1,000 people are on waiting lists for treatment.

But was the governor correct to assert that there is a "growing epidemic" and a "rising tide" of addiction and drug-related crime spreading across Vermont? The answer to that question is far from simple.

While the measures of opiate addiction and drug-related crime cited by Shumlin and his supporters are going up, other key indicators have remained unchanged—or even fallen—in recent years. Consider—

• A 2013 Vermont Department of Health report found the number of people hospitalized for opiate overdoses in the preceding 10 years has remained "constant."

• The number of opiate-related deaths in Vermont has not changed significantly since 2006, and actually dropped 8 percent from 2011 to 2013. The Department of Health said it could discern "no specific trend" in opiate deaths in the past decade. In 2013, as Shumlin noted, the number of heroin deaths nearly doubled, from nine to 17. Deaths from prescription opiates fell from 46 to 19.

• Shumlin correctly cited the number of Vermonters in treatment for opiate addiction has surged nearly 300 percent since 2004. However, health officials say that figure likely overstates the increase in new admissions, as some of the jump can be traced to existing clients claiming a greatly expanded array of treatment slots.

• While Shumlin seemed the growing problem of heroin, he also suggested



Reverencing opiate-related deaths in his State of the State address at a Wednesday press conference last week

that prescription drug abuse was part of the "rising tide." However, 2013 Vermont Health Department surveys of adults, high school students and middle school students have shown that the rate of prescription drug use, most of which are opiates, has not increased since 2003.

• Overall property crimes, which include larceny, burglary and vehicle theft—the category of crime that law enforcement officials typically identify as being committed by addicts seeking money to buy drugs—have steadily declined in Vermont since 2006, according to federal statistics.

The Shumlin administration referred most questions to Health Commissioner Harry Chen. While acknowledging figures that aim to normalize the severity of a "rising tide," Chen said his focus was right to draw attention to opiate addiction and those who cannot access treatment. "The case can be made very easily that it's a huge problem in Vermont," Chen said. "Most Vermonters agree that the request for less and attention, and I applaud the governor."

Treatment Tells

In his State of the State address and appearances afterward, Shumlin painted a grim picture of opiate addiction spreading from big cities into a peaceful state, leaving shattered lives in its wake. He pointed to the example of David Macchia, one of the addicts featured in the *Trumper's Blood*, Ben Crispin's documentary film about drug abuse in the St. Albans area.

A young man raised on a dairy farm, Macchia started using drugs in 10th grade, during a 15-minute break between school exams. Shumlin recommended this addiction to OxyContin, a prescription painkiller, quickly grew. From a \$100-a-week to a \$1,200-a-week habit, leading to a debt more than \$10,000 worth of farm tools and equipment from his own parents.

"He started because his addiction is working out in poor driveway, just getting stronger, just waiting for people to drop up and take you a year," Shumlin quoted Macchia as saying. With support from his family and treatment from Franklin County probationer Fred Holmes, Macchia beat his drug addiction and has been clean for five years.

Macchia is just one of many Vermonters who have seen their lives—and those of

their families, friends and communities—ruined by addiction. Shumlin cited a 170 percent jump in people receiving treatment for opiate addiction since 2006 and a long list of people waiting to enroll.

But health experts acknowledge that those numbers should probably come with a disclaimer: The dramatic rise in people enrolling in opiate treatment is at least partly a product of successful initiatives to open new treatment centers and allow doctors to treat addicts in their own offices. The 376 percent attributable not just to a surge in demand for treatment, they said in response to questions, but also to an increased supply of treatment.

"We began to look 'up' to see that a better way to get the passes up there to expand access and getting a lot more people who need this treatment," said Barbara Caraglio, the state health department's deputy commissioner for alcohol and drug abuse programs. "It's in everyone's best interests to get people help and get them into recovery."

In 2000, the baseline year of Shumlin's treatment statistic, there was no place to receive treatment for opiate addiction in Vermont; patients had to travel out of state.

But in 2002, the Howard Center opened a methadone clinic in Burlington and other clinics followed — in West Lebanon (NH), (2004), the Northeast Kingdom (2006), Brattleboro (2007) and Berlin (2008). On January 1st this past, a regional treatment facility opened to serve St. Albans and Newport.

The treatment efforts went well beyond new centers. In early 2004, Vermont doctors got the green light to administer patients buprenorphine, another drug used to treat opiate addictions, in the privacy of their own offices.

By 2012, more than 4,200 Vermonters were in treatment for an opiate addiction, according to the Department of Health.

Asked whether an increasing number of addictions, or the expansion of programs, accounts for the surge, Gosselaar said, "I think it's a combination of both. If you look at all the data and listen to law enforcement, they are seeing a spike. At the same time, you're seeing us provide more treatment."

In response to questions about whether the increased supply of treatment accounts for a portion of the treatment spike, Gosselaar said, "Your point is well taken. I don't really know that, but right now we're getting Vermonters treated for their addiction, and that's what my focus is."

Demand for treatment has held steady — perhaps even increased — in recent years, said Bob Link, director of mental health and substance abuse services at the Howard Center. But demand is strong, he stressed, noting he welcomed Banzhaf's pledge to devote \$400,000 to expand treatment options in the short term and to devote more resources to the problem over time.

"Part of the talk for the state and providers is we don't know how much of this iceberg is below the water," Link said. "We know what's above the water; that's the people in treatment. We're trying to predict what actual need is. Right now, the goal is to meet the demand that we know exists, and then we'll see what continues to exist."

Top Three Threats

Derived from the opiate puzzle, all opiate fall into one of two categories: legal but often abused prescription drugs such as oxycodone or OxyContin, which are designed to alleviate pain or bring sleep, and illegal substances such as heroin.

Last week, the governor, along with House Speaker Shap Smith (D-Montpelier), Senate President John Campbell (D-Windsor) and others said

they were concerned about an opiate "epidemic" in Vermont. Shanks also spoke of a "full-blown heroin crisis."

The administration's case for a surge in heroin use, however, seems strongest. Shanks and other officials say that as the prescription drug laws seem to be working, heroin may be rising to take its place. The number of people receiving treatment for heroin jumped 60 percent from 2012 to 2013, Shanks said.

Several factors have fueled heroin's popularity. In 2003, makers of OxyContin changed the formula for the drug, making it more difficult to get high by snorting it. Heroin is now cheaper than OxyContin or other illegally obtained prescription opiates, according to Burlington Police Chief Michael Selsky. And dealers can triple their money by traveling from big East Coast cities, where a bag of heroin goes for less than \$10, to Vermont towns, where it sells for as much as \$50.

State police estimate that \$1 million in heroin and opiates makes its way into the state every week.

Vermont health researchers say other problems are just as severe — if not worse — than the state's opiate abuse. In 2012, the state's department of Health's Epidemiological Outcomes Workgroup set out to identify areas in which Vermont should focus its substance-abuse efforts. The group identified "clearly and unambiguously" three problems that should continue to receive high priority in the state's prevention efforts: underage drinking, high-risk drinking and marijuana use.

The top problems — alcohol and marijuana abuse — were unchanged from 2003, when the question was last addressed; opiates didn't make the list in either year. By response, growing concern about opiate addiction, the workgroup's 2012 report noted that it conducted meetings that were "generated by a need to dispel any misconception of the extent of the prescription drug misuse problem in Vermont and data that appeared inconsistent with this perception."

REGGW's John Banzhaf said he was not surprised by the findings. Despite the sharp about heroin and prescription-drug abuse in recent years, historical patterns show that people abuse alcohol and marijuana more than opiates, cocaine or other substances.

The report found 24 percent of Vermonters age 12 and up had engaged in binge drinking in a one-month period

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What's the Drug Deal?

By

and 11 percent had used marijuana. By comparison, 46 percent had misused a prescription drug and 39 percent had used an "illicit drug." The study did not provide specific figures for heroin.

"Alcohol is the No. 1 problem we look at in every data set. The data suggest that alcohol and marijuana are more significant in terms of burden on the system," Stedman said in an interview. He added, "But the impact on people on opiates, that's a huge public health concern. It's clear to me, in terms of treatment data, something needs to be done."

The Crime Connection

In a press conference following his State of the State address, Banchi, who then was senator in November, was faulted by key legislators, police officials, prosecutors—even Vermont Supreme Court Chief Justice Paul Reiber, who has been unusually outspoken in denouncing that the opiate system contributes to the drug problem. They were there to reinforce the point that opiate addiction is directly linked to increased criminal activity.

"He took the state almost every single day and has heard from robbers, providers of instant police chads, the U.S. Attorney ... He's been put on blast everywhere and he gets the same response everywhere he goes," Shuey said. Reiber and he believe much of that is tied to funds siphoned by drug users.

The Vermont judiciary says that felony drug laws increased by 9 percent in the past two years, half of which can be attributed to drug crimes. Additionally, the judiciary says, abuse and neglect cases are up 30 percent in the same time frame. Reiber and he believe much of that is tied to funds siphoned by drug users.

U.S. Attorney Tristram Coffin and his office have seen a big spike in enforcement of heroin definitions. In 2010, the office had 13 heroin indictments, the number rose to 72 in 2012. The amount of heroin seized during busts also seems to have increased, and both Coffin and Scherzer. For

example, last March, state police stopped a Cadillac in Williston that was allegedly returning from Bradenton with 2,600 bags of heroin on the truck.

"Anyone who works in law enforcement at the treatment field will tell you we have a huge problem here," Coffin said.

Mark Scherzer runs the Vermont Justice Research Center, a state-funded

Scherzer and other experts say a more reliable measure of whether opiate addiction is fueling additional crime is property crime statistics, which tend to rise when addicts break into homes and businesses and use other types of theft to pay for expensive habits.

The most up-to-date figures on crime rates come from the Federal

proposed setting aside \$100,000 to bolster drug-court and other waiting lists at treatment centers, \$100,000 for county prosecutors to conduct evidence-based sentencing and reward robust out-of-the-court system and one treatment, and \$20,000 to fund a high school tour for O'Brien and her mother's subjects. He also proposed stiffer sentences for out-of-state offenders who come here to sell drugs and for anyone who breaks out of a house using a gun.

Those proposals have already gained support in the Senate, whose leaders are considering a variety of related measures.

"We do believe the opiate problem has risen to a level where we have to take action. I don't think there's anybody in this building who would proclaim it isn't a problem," Republican Sen. Sen. Joe Benning, a defense attorney, and in an interview.

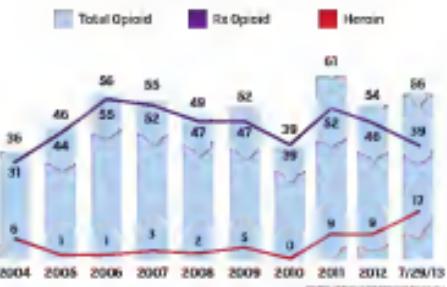
Propriety directly involved with efforts to combat addiction were cheered by Scherzer's push to immediately improve access to treatment. Standing at the governor's side, Macias explained, "For an addict today, and something major happens, and I decided it's time to go, find a bed at a rehab somewhere, and I'm ready to go right now, I need to go right now because if I don't go right now and I wait until tomorrow, tomorrow could be too late."

In Benning, Macias said, even if the statistical case is more muddled than what officials presented last week, it matters little to the addicts trying to get help, and to the providers who don't have enough resources to go around.

To the individuals and families affected by this, it's one person at a time. Sometimes it's a look at treatment numbers and waiting lists, we lose sight of the trees for the forest," Howland's Macias said. "When I sat with a mother who has just lost her 26-year-old son to an opiate overdose, all the data and statistics become meaningless. It's very personal, and it's very real."

Contact: mschell@seveneast.com

Total number of drug-related fatalities involving an opioid January 1, 2004 through July 29, 2013



group that examines crime trends and the impact of policy decisions. He said drug crime arrests may not be as useful a barometer as they might seem. Drug arrests, he said, are usually a product of police enforcement efforts—searching a car, for instance, or setting up a sting.

"It's important to understand that arrests for drugs are really a measure of police action," Scherzer said. "They aren't a measure of actual crime." Thus, he said, it's impossible to determine whether the increase represents a dramatically increased drug crime rate, heightened enforcement efforts—or both.

Bureau of Investigation, whose members show that nearly every type of crime in Vermont has fallen in recent years, including property crime, which law enforcement officials have long described as an outgrowth of drug addiction.

In 2008, the state recorded 18,903 property crimes. By 2012, that number had dropped 8 percent, to 17,000 property crimes.

'Tomorrow Could Be Too Late'
In his speech, Banchi called for an array of initiatives to address the opiate problem. He

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UVM Slavery Study Challenges Vermont's Abolitionist Rep

BY KEVIN J. KELLEY

Vermont's founding family — the Ethan Allen clan — is generally extolled as a collection of freedom fighters embodying the qualities of courage, independence and tolerance that have come to characterize today's state.

Aspects of that image — the freedom-fighter and tolerance parts, anyway — need revision, according to a new study of slavery in early Vermont by UVM historian Amanti Amani Whitfield. He'll be discussing his findings in a pair of talks in Northstar Hall, Burlington, on January 26 — MILK & Dog.

Whitfield's research explodes the myth that the abolitionist provision in the Republic of Vermont's 1777 constitution ended slavery in the territory. "The ban on holding black adults as slaves was indeed the first of its kind in the New World and launched Vermont's progressive tradition," Whitfield acknowledges. But, he adds, an unknown but significant number of black Vermonters remained in bondage several years after slavery was supposedly prohibited.

"In fact, the state is home not only to a rich abolitionist history, but also to the more troublesome story of slavery," Whitfield writes in *The Problem of Slavery in Early Vermont*, 1777-1800.

Limiting the ban to African males older than 21 and females over the age of 16 meant children could lawfully remain enslaved in Vermont for as long as 20 years after the constitution was promulgated. But plenty of adult Vermonters of African descent did not gain freedom because this 1777 decree was unenforced, Whitfield points out.

Many readers of what would become the state of Vermont in 1791 apparently had no problem with neighbors who continued to hold slaves. Whitfield suggests that defying the emancipation movement in the state was "the most respectable abolitionist of the era," the historian observes in his book.

Among those slave-holding and lawless elite were Vermont Supreme Court Judge Stephen Jacob and Lorr Allen, described by Whitfield as "Ethan's troublesome brother" and nearly 40 years after the supposed abolition of slavery in Vermont, Ethan Allen's daughter, Lucy Caroline Hitchcock, returned to Burlington from Alabama in possession of two slaves — a mother and child. Hitchcock came to realize that pair for six years in the Queen City.



**THE STATE IS HOME
NOT ONLY TO A RICH
ABOLITIONIST HISTORY,
BUT ALSO TO THE
MORE TROUBLESOME
STORY OF SLAVERY.**

HARNEY AMANTI WHITFIELD

Ethan Allen himself may also have been a slave owner. Whitfield suggests in his interview, "I can't say this will be proven, but he does refer to having servants and to the English/African world references to 'servants' often enough." Whitfield adds.

Due to his previous research on slavery in the northeastern United States and in Canada's Maritime provinces, Whitfield says he was not surprised to find the slavery continued in Vermont long after it had been declared over. "Those circumstances presented to many of the slaves that had escaped an end to slavery, he notes. "But I was surprised to see the broken attitude of certain people in Vermont in holding slaves," Whitfield adds. "The story of Judge Jacob's negligent enslavement of a woman named Diana was 'really shocking,' he says, as it revealed the indifference of many of the Windsor noble's neighbors to his repudiation of the principle of liberty for all Vermonters.

"It's important to me as an African-descended person living in Vermont to see these nuances," comments Whitfield, who has taught at UVM for 10 years.

Showing that the abolition of slavery in Vermont was actually an ongoing

process and not a clear-cut break from the past, Whitfield acknowledges and builds on the work of other historians such as Amy Ziegler and Kari Winter. In addition, he cautions, "I don't intend for my book to be the last word on this subject."

But a dozen make a valuable contribution to contemporary understanding of Vermont's history of both abolitionism and slavery, says Winter, a former UVM professor who now teaches in Buffalo, NY. Winter rediscovered and translated an autobiography by Jerry Jessie, a former slave who settled in Vermont in 1830.

"Jessie has found some sources that either one has had considered in depth," Winter says in regard to Whitfield's book. "We live in a culture that compartmentalizes good and evil, and his is more complicated than that — in the 18th and 19th century as well as today — and I think Amanti's work conveys that."

Questions remain about the history of slavery in Vermont, Whitfield says, noting that court records that may contain valuable information are "scattered" throughout the state and have not been thoroughly sifted. Among the unknowns: the number of slaves held in Vermont prior to 1777.

Even as he challenges self-congratulatory assumptions about Vermont's historic commitment to human rights, Whitfield insists that the state is right to take pride in its abolitionist principles. He notes that the Vermont legislature passed two laws — one in 1766 and a smaller but stronger measure in 1809 — forbidding the trafficking of slaves in the state. "Vermonters knew that something was wrong and they tried to do what's right both those times," Whitfield says.

Enslavement in the cause of black freedom was made explicit in the Allen clan, too. Whitfield has taken note of the gloating significance of the name Allen's children in 1777 as free French Martin and his daughter Nancy because "it is not right to the Sight of god to keep slaves."

In his January 26 talk, Whitfield says, "one of the most important lessons it can teach us is that nobody wears only white hats or only black hats. That's not how the history works."

Contact kevink@vt.net**INFO**

Harney Amanti Whitfield will speak at 7:30 p.m. at the Vermont History Museum in Montpelier and at 7 p.m. in the Memorial Lounge of UVM's Anthony Building on Thursday, January 26. The Vermont Historical Society is the publisher of *The Problem of Slavery in Early Vermont: 1777-1800*.



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Twenty-Five Years and 6,300 People Later: A Vermont Refugee Report

by KEVIN J. KELLEY

Their polyglot community is evident every day in Chittenden County's supermarket, schools and private Social workers in halting yet joyful Englishing the Old North End, Vietnamese and Tibetans experiencing selling hand or mouth or food shops in Winooski, Bhutanese having education in homes in Essex, Williston and South Burlington.

Since 1988, at least 6,000 men, women, and children have come to Vermont through a federal refugee resettlement program. That 25-year total includes 1,700 Bhutanese, nearly 1,400 Bhutanese, many of whom had been living in camps in Nepal, and about 1,000 Afghans fleeing violence in Herat, Congo, Somalia, Serbia and Sudan.

Hundreds of additional non-Ragsh speakers from poor countries have made their way here as asylum seekers or other immigrants. Another 300 or so are expected to arrive this year.

The large majority of these new Vermonters "have adapted remarkably" to a society, economy and climate markedly unlike that of their homelands, says refugee coordinator Dennis Lannaman. Those who suffered "severe traumas" have overcome even greater challenges, adds Michaela Jensen, director of Vermont Immigration and Asylum Advocacy. "They show remarkable resilience and courage," Jensen says.

Has the process been largely free of manipulation or racism on the part of long-established Vermonters? Has the state lived up to its reputation for tolerance and compassion?

Yes and yes, say Lannaman, Jensen and several other Vermont resettlement specialists, as well as almost all of the 15 immigrants interviewed by *Seven Days*. "Very few people don't want to interact with you because of the color of your skin or your language," says Thana Rattocha, a Laotian who works as deputy director of the Association of Afghans Living in Vermont.

At the same time, laudable as actions, "All transitions require effort, flexibility and adaptability."

Those qualities could be summed to the proprietor of a neighborhood in the Burlington area continues to grow. Laura Starnes, an outreach worker for the Colchester-based Vermont Refugee Resettlement Program, acknowledges the possibility of a "slipping" or "stuttering" point. "We're here going through a long transition," she notes, "and everybody here is trying to look out for themselves."



Top: An African couple (the woman was in traditional dress) holding the earlier process a money order for \$100 to send out of the store — my guess was to solve their lack funds. "The couple didn't look well-off," the writer added, "and could very well be getting tickets if front shielded and/or lost stamp. And considering how many people in VT are struggling financially, I'm sure no one would be happy to know that refugees are sending that paper money out of the country."

Part of the writer's suspicion was likely correct. Immigrants from many places — not just Africa — do typically send funds to family members back home. These remittances, as they are known, constitute a cornerstone of the economy in countries with per capita incomes of less than \$10,000 a year.

The couple seen at Rite Aid instead had been receiving Section 8 assistance and food stamps, though that doesn't mean they were wealthy. In fact, about 95 percent of refugees in Vermont find work within six months of their arrival, says resettlement program implementation counselor Alyssa Viguerie. And because many of these jobs pay less than \$10 an hour, some immigrants have to work 50 hours or more per week in order to meet the high cost of rent in Chittenden County, Rattocha notes.

Charles Feldkay, an employment counselor at AARY, calls hosting "the single biggest challenge" faced by immigrants in the Burlington area.

Indeed, it's through a counselor at AARY's office in the Old North End that he pays \$1,350 a month, retarding any further, for their hollowed apartment in Wisconsin, toward the Bhutanese immigrant couple with his wife and four children. Rattocha and he work part time in a laundry while caring for his wife, who is ill. The family gets additional support from an adult son and daughter living nearby, he added.

The concerned counselor could have been giving exposition to one of the often nuptial upon short immigrants. Starnes suggests, it's sometimes assumed of refugees that "they're all in welfare," the resettlement program still says. But in addition to the homekeeping jobs they typically find, many refugees work as caregivers in aging homes, where "they're basically caring the bottoms of our parents," Starnes points out.

Back then, 25 years ago at Burlington High School and in other local settings, some recently suggest that the integration of refugees into a still heavily white part of the country is not without challenge. "Change is always hard," says Karen Judy Scott, director of the resettlement program. And that may be especially true in Vermont, which, notes Jensen, "is very much behind the times, compared to the rest of the country, in having culturally diverse."

As of now, though, if not outright hostility, it's taken place in earnest. The lead up to last month's City Market had to overrule a manager who claimed that sign here employees should be required

to speak English on the job. Rattocha says a few African refugees told her they were treated especially poorly by employees at a different Burlington market because they had difficulty speaking English.

It's impossible to gauge the degree of acceptance or resistance among white Vermonters toward integration of the former skin colors — though the folks at Vermont Refugee Resettlement are especially attuned to prejudices. Roots of racism are certainly diverse. For example, a recent message was recently to a Seven Days staffer that the status of some refugees should be "contingent."

The writer responded that at the downtown Burlington Rite Aid, using

refugees do many of the least glam jobs in Vermont, a state with an aging population that is facing labor shortages, says Scott. The resettlement program's director

And many of them tell with purpose. Immigrants, almost by definition, are stories. That's a centuries-old story in the United States, and it's being told again today in Vermont.

Consider the case of Roi Gopi, a Burmese refugee who works as a cook at the University of Vermont's student center. He came to Burlington five years ago after spending 12 years in a refugee camp in Thailand. "I hope one day my children will go to UVM," he says. So did the resettlement program offer in Fort Elmer Allen. "I hope also one day I open my own food business."

Refugees who find jobs — no matter how small — are strongly motivated to continue working, adds Lou Nguyen, a Vietnamese refugee who works as a counselor for the resettlement program. "People are really ideal," she says. "When they get something here, they want to hold onto it. They don't want trouble with the police. They don't want to be hungry again."

Another myth holds that all refugees are uneducated or were overpowered in their native countries, Stevens notes. "We've had clients with PhDs," she reports. "They had worked as professors. It's simply not true that everyone from Africa comes here at the lowest possible economic level."

Due in part to the assistance offered by organizations such as AMV, which serves refugees from all over the world, the Burlington area is seen as a hospitable destination for immigrants — especially in comparison to some other parts of the United States. During a recent visit to Atlanta, Pichard of AMV remembers he heard reports of Burmese refugees living with African refugees. "That sort of thing doesn't happen here," he observes. "Vermont people are friendly and kind."

Vermont is regarded as such a welcoming place that many immigrants move here from elsewhere in the U.S. Raisie notes the irony AMV does not have statistics on such "secondary migrants," but she estimates their number to be "substantial."

In addition, "very few" immigrants to Vermont leave the state, Stevens says. The cost of living may be prohibitive, but it's easier to find jobs in Chittenden County than in many other metropolitan areas, she notes, adding that Vermont is also perceived as a safe environment where the children of immigrants can get a good education.

That's evident in Chittenden County schools — particularly in Burlington and Winooski — where dozens of languages are spoken in addition to English. But could Chittenden County institutions and

service providers reach a point when they are unable to respond adequately to the needs of a burgeoning refugee and immigrant population?

Lamontagne leads a network of service agency directors and local leaders that addresses such concerns at meetings held every six weeks. Their assessments — of inspection housing schools and the local labor force — generally indicate that the opportunities and assistance available in the Burlington area are sufficient to meet newcomers' needs, Lamontagne reports. Last year, however, the agency network suggested to the U.S. State Department that the planned influx of 325 refugees to Vermont might be too large. It was subsequently agreed that the state would receive 300 refugees, Lamontagne reports.

"We need to keep a balance between our capacity to continue to help refugees succeed and the desire of the federal program to maintain the numbers it thinks are appropriate," she comments. "We feel the balance is there. I don't see a time when there are too many refugees here."

Huda Khalifa is a Bhutanese refugee who works with disabled adults at the BhutanCenter in downtown Burlington. Her parents, who turned to Islam, are both diabetic. But he received a bachelor's degree in English literature while spending seven years at a camp in Nepal. Khalifa says he's pleased with the quality of teaching at Burlington High School, which his daughter attends. His 4-year-old son will attend kindergarten in Winooski, where Khalifa has bought a home.

Although he has provided well for his family, Khalifa says he knew from the outset five years ago that the experience of being a refugee "won't going to be easy — even for a person like me. And it hasn't been easy."

Learning to drive a car presented unexpected difficulties, for example, as did his initial homelessness and the lack of jobs in Vermont during the depths of the Great Recession. Khalifa says he has encountered no explicit prejudice based on his brown skin, although he says, "maybe I have not noticed subtle types of discrimination." Life in Blatna, by contrast, involved "such discrimination that was shown obvious," Khalifa explains.

Few refugees have come to Vermont under circumstances more harrowing than those experienced by Budimere "Lost Boys" Escaping members of Sudan, they trekked hundreds of miles across and expanses populated by human and animal predators as well as refugee camps. Most

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Chittenden County Loses a Beloved Legislator: Sen. Sally Fox, 1951-2014

by PAUL HEINTZ

Just three days after they returned to Montpelier last Tuesday, Vermont legislators received the worst of news: They had lost one of their own.

"It was a heavy heart that I went in today's session," Lt. Gov. Phil Scott told legislative members of the Vermont Senate on Friday morning. "For those of you who have heard, our dear friend and colleague, Sen. Sally Fox, passed away early this morning, bringing the first week of the session to a tragic close."

That was a day we expected — Fox had been diagnosed with a rare and life-threatening form of cancer nearly two years before — did not diminish the heartache. Throughout the Statehouse, business ground to a standstill. Legislation bogged one another and openly wept. The governor ordered flags to be lowered to half-staff. A single white rose appeared on Gov.'s Senate desk. No. 8.

"We're all feeling the loss," said Sen. Jane Skelton (D) (Colchester).

Born in Orlando, Fla., in 1951, Sally had made her mark on the world 1,000 miles to the east in her adopted state of Vermont. She spent nearly four decades fighting for the state's children, low-income families, and those with mental and physical disabilities.

"She was a rock star for people who weren't like her," said Sen. Philip Branstad (D) (Chittenden).

Starting in 1977, Fox spent more than a decade working as an attorney with Vermont Legal Aid developing mental disabilities' law projects. In 1986, she was elected to the first of seven terms representing Basalt in the Vermont House, initially serving as assistant majority leader and chair of the judiciary and appropriations committees.

The thing that impressed me about Sally was her sense of purpose, which was strong," said Michael O'Boyle, commissioner of buildings and general services, who credits Fox with helping to elect him speaker of the House in 1995. "She knew the difference between right and wrong and really stood up for what she thought was right."

After leaving the legislature in 2000, Fox kept both feet firmly planted in public policy. She directed family court operations for the Vermont Supreme Court and ran the city of Burlington's offender reentry program. She remained a presence in the Statehouse, too, lobbying for Vermont Businesses for Social Justice, a lobby and then for the Vermont State College.



RONALD BURGESS

in the issues," said Kirschell, who later served as Fox's chairwoman on the Senate Appropriations Committee. "Sally was just as smart and as knowledgeable and work a hard worker."

But in the winter of 2012, Fox's luck turned. After coming down with what appeared at first to be a cold, she was diagnosed with a rare form of cancer. A surgery to remove a kidney and her left lung kept her out of the Statehouse for weeks, but she returned, fighting with a new outlook on cancer she held dear.

"It was a remarkable experience for me," Fox told *Vermont Days* in June 2012. "I learned a lot about the health care system, really. I'm going to have a different perspective that I have up until now, certainly, seeing it from a cancer patient's view."

Despite her health struggles, Fox vowed to seek another term in 2014.

"I've got work left to do," she said. "I want to go back and finish the job — or at least continue the work on health care reform."

She enough, Fox won a second term in the Senate. Though her voice was weak and her energy depleted, she rarely missed a day of work during the 2013 legislative session.

"She was a force to be reckoned with," said Sen. President Pro Tem John Campbell (D) (Wardell). "Even though we're a rural state, it's rare to find those people whose names are seldom heard in this building."

While Franklin Fox did not dwell on her illness, it was immediately linked to one of the most contentious issues of her year's legislative session: the debate over whether to let doctors prescribe life-ending drugs to terminally ill patients.

With the Senate deadlocked over the question last winter, Brattle rebuked Fox for a state meeting of Democratic legislators, held at a Montpelier apartment rented by Sen. Jennifer White (D) (Windham) and Clare Ayer (D) (Addison).

"Her voice was very faint," she said. "Look, let's strip this away. I just need to be in the next year or two," Brattle said. "There was the big pause. And she said, 'I want my choice to be there protected.' She was really holding in that thought now."

"Sally cared enough about it that she was willing to voice that, which is every body's greatest fear — that they're not going to serve their best with choices," Brattle said. "I thought that was a tremendous

amount of courage. But it also showed how much she cared about the policy."

Fox's Statehouse colleagues came out to mourn and to remember her friend at Burlington's Temple Shalom. Legislators, lobbyists, committee staffers and government and family friends gathered for a reflection on a life devoted to others.

Sally herself would never have expected all of this. She was a very humble person, and at times, very shy," said Michael Strelak, her husband of 35 years. "All this love and praise would have made that honest and beautiful smile of hers even broader and more beautiful."

Strelak, who was joined in eulogy by his wife's brothers, Tom and Dave, described meeting Sally 30 years before in a tug-of-war at their cousin's vacation in Colorado and finding himself "instantly smitten." After a cross country road trip organized during his romance, they were, he said, "the only two from Quebec and the country girl, who'd end up to be a finded, from Ontario."

Throughout her political career, Strelak said, "She truly put family first." But it was Fox's devotion to the legislature, which "had always been her love, her passion," that kept her focused on staying well in her final year. Just 10 days before, she said, and she had settled on a plan to ensure that she'd be able to return to the Senate last week.

She wanted to continue to make a difference, as she had done all her life, in whatever way she could, Strelak said. After the service, Strelak reflected on her drive to carry on. Brattle, who first met Fox when the two worked together at Vermont Legal Aid, recalled seeing her hold tight onto the end of the year.

"She really felt terrible," Brattle said. "But on her lap she was writing the report of the Mental Health Oversight Committee, which she had chaired over the summer, making corrections to send back to legislative counsel, not least would be ready for a meeting that she would have the following week. She just never stopped."

"I think the legislature was her salvation," Heath said. "It could give her a sense of accomplishment at a time when she was dealing with a very tough illness."

Fox was not one to wallow in self pity, her friends said.

"She was so good at being tough and having that 'I'll do it' attitude and 'I was really up to her' that she got out, not that she never complained about it," Heath said.

Contact paulheintz@vtdigger.org

She was a rock star for people who were in dire need

SEN. PHILIP BARTH

Vermont Refugee Report APR

of the Lost Boys who arrived in Vermont after years in African camps have adjusted well in an entirely unfamiliar environment, refugee workers say.

But not all of them have found peace.

"There are problems for some with the freedom they have here," remarks Alvin Deng, a former Lost Boy who works as a monitor at Winooski. "They buy beer and can get in trouble."

Adrienne Kassner, a UVM Michael's College anthropology professor who works with refugees in refugee camps in Winooski, says some Lost Boys have not found work and struggle with depression as well as with alcohol

ago who was wearing a thin jacket that he had to give up or he'd get hypothermia," Viganza says. "He told me, 'It's fine like this. I've been too hot for a long time.'

Adjusting to freezing temperatures is "nothing, compared to what they've experienced in refugee camps," Kassner adds. "They're survivors. Being cold is not a big deal for them."

Central Vermont makes for ground for those born in the U.S. can present much greater challenges than Vermont's weather, some refugees say.

Almond Island Shabani, an Iraqi immigrant who worked as a translator for the U.S. Army in conflict zones such as the city of Fallujah, identifies "the pace of life" and "slowly scheduled free time" as aspects of life in the U.S. that have proved hardest for him to adjust to. "At home there was no time limit on socializing," says Shabani, who works as a pharmacy technician in Williston. "We all lived near one another and just hung out. Here, you've got to work hard at keeping friends."

Acquiring English fluency is essential for immigrants seeking to climb the job ladder, refugee counselors point out, but learning English can prove quite difficult for some refugees. U.S. admissions programs make no provision for teaching English, leaving it to nongovernmental groups such as the refugee resettlement program to help immigrants find language instructors.

Lebrene Nshabani, a refugee from war and hunger in Congo who arrived in Vermont nine months ago, appeared last as she sat on a beach in AAHP's office, waiting to get help in applying for Medicaid. "I go to the health center but they give me papers in English and I did not understand," she said in halting English. "It's hard for me to learn how to speak," added Nshabani, who works part-time at the Autumn Sharp ceramic factory in South Burlington.

Happy endings to stories such as hers are not guaranteed, but U.S. history does show that many immigrants gradually assimilate into American society. Older refugees, such as 48-year-old Ab Chan from Burma, may remain outside the U.S. mainstream, but his son, Ha Gyi, the UVM cook, says he finds it easy to make friends with American natives. And his children will probably ease into local ways and adopt them as their own.

Khadka, the Bhutanese refugee who works at the Howard Center, is raising this person unfolded in his family. "We will like to eat carry, loads and rice," he says about his son and his wife. But his kindergartener son "wants our food," he laughs with a wry smile. "He wants hamburger and French fries and we create." □

VERY FEW PEOPLE DON'T WANT TO INTERACT WITH YOU BECAUSE OF THE COLOR OF YOUR SKIN OR YOUR LANGUAGE.

THAT'S RATSBE

about. "A lot have not had their dreams of education fulfilled," she adds. "They're also under pressure to send money home, and many are looking for wives in Sudan. It's tough to negotiate the brain price in come from here" — a reference to the sub-Saharan tradition of using livestock as currency to win the consent of a partner's family.

Viganza's visitors whine don't pass by a log a person as is commonly expected for Africans and immigrants from other tropical climes, says Viganza, the job counselor at the resettlement program. "I told a guy from Iraq a while

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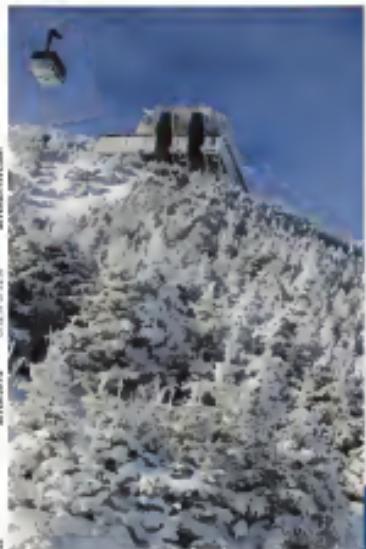
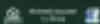
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Sally Gail Fox

WORTHINGTON, 1930-2014

Sally Gail Fox, age 84, died peacefully on January 10, 2014, with her loving family by her side. She was born on January 30, 1930, in Bristol, Vt., to Alton and Philip Fox. She married her husband, Michael Bratton, on October 2, 1959, in North Bennington, Vt. Sally and Michael raised six children: Karen, Vicki, and Michael, all in Bennington, Vt., and residing in South Burlington, Vt., in 2009. Sally was raised in Oneonta and at Endicott College in Massachusetts. She graduated from the University of New Haven, Fairfield, Conn., in 1954, and from the State University of New York, Buffalo. She worked as an attorney in Rockland, Vt., before moving to Los Angeles to work for the American Civil Liberties Union (ACLU) in the Women's House of Detention, from the days of *Thelma of Dixie*. She was raised and educated in Oneonta, before moving to Alfred in 2008. While a state representative, she was the chair of the Just-cause Committee and House majority social justice leader. After she retired, she had time to be one the second women in Vermont history to lead the House of Representatives. Conservation Sally held several leadership positions over the years, besides our community, including the most recent of Sally's 40+ years of service. She was a member of the Vermont Board of Directors for Vermont Business for Social Responsibility, a committee for the City of Burlington Office of the Energy Program, and government Affairs director for the Vermont State Colleges. In 2009, Sally was honored by the Vermont State Senate from Chittenden County and was made life-long a 2002, despite having been diagnosed with stage 4 breast cancer at 50. She was a cancer survivor able to live life to the fullest. She was a cancer survivor quickly during the opening week of the 2012 Houghtaling Lecture. Sally loved the Vermont, its galleries and visiting other people's artwork. She was a political activist without an agenda, but she was a strong advocate for the disabled, the disabled rights, for children's rights, and other progressive causes. Even though Sally was a public figure for most of her professional life, her family knew that she was a private wife and mother, and nothing made her prouder than her two



sons, Jacob and Jason. She gave more than 100 percent to them and loved the majority. Every holiday and family event or activity was open to all family. She did everything she could to gather the family and celebrate these occasions together. She loved traveling on Shambala Rail with her family, including Whistler, Italy and her friends called their park, visiting with friends and family along the New England coast, playing golf, playing Angry Birds, and going to the movies. She was an excellent mother.

Sally was born in her hometown, Michael Bratton was raised in Berlin, Vt., where N.Y. son Jason Scott is of New York, N.Y., sister Marsha is of Freeport, Maine, and brother Michael Fox is married to Shelly. Jennifer Bratton Fox is married to David Soden. Jennifer's father in law Andrew Soden and Michael with Amy, are caring fathers and nephews and grandmothers and nephews. She was pre-cremated by her courageous wife, Phoebe and Dennis. Her ashes are being carried by her son, Joseph Scott.

Private services. Burial at Green Mountain Cemetery, 760 College Parkway, Suite 201, Colchester, Vt. 05446, and at Woods for Vermont Children 143 State St., Montpelier, Vt. 05602.

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ELEANOR LONG

professional group from its ranks. The money was lacking, however, so De Cormier started his own group. The director made sure to split Counterparts' small profits evenly. "Everybody got the same amount, including me. It's a principle I really believe in."

The VSO Chorus had been born in 1993, when then VSO director Eric Tarranaka and executive director Tim Phelan approached De Cormier. "We put out the word for a conductor," long recalls, "but everybody in Vermont knew that Bob was the one."

Before then, the orchestra had included choral works only rarely in performances, using the local choirs of the towns it visited. Under De Cormier's direction, the VSO Chorus has performed

at least one memorable concert a year, alternating between a Masterworks and a Holiday concert.

De Cormier is so enthusiastic about the VSO Chorus' upcoming performances, it's hard to believe it will be his last. Describing the 15-year-old boy who will solo in the Bernstein, Verdi and **ARTS IN MUSIC**, De Cormier says he's "just beautiful, with an angelic face surrounded by a hand of leaves here." The audience is going to fall in love with him! And the Brahms is in the lead of music that, with careful listening, "can reach your soul. I guess we all have that," he adds.

The retired musician plans to focus on playing classical guitar for personal enjoyment after he steps down from the VSO position. "I'd love to not say that this will be the final concert," De Cormier says, "but I just thought it's time."

INFO

Vermont Symphony Orchestra Masterworks concert with the VSO Chorus, Saturday, January 25, 8 p.m., Flynn High Stage, Burlington, \$10-\$81. The concert is one of four being offered during the week of January 18 to 25 that make up "A Classical Celebration of Community," featuring, from top, **ARTS IN MUSIC**:

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want him to expand on the life of capitalism. Not so Michel Foucault, cultural director of *Central Sunlight* of the *Spartacus* Mind. The Source of Sipapu and its Root Revealed. "What makes you happy?" his take Chomsky is the man who is. Tell Happy, a documentary film is an "intimate conversation" with the linguist.

That's just one of the questions — meant at the more abstract, exploring core issues of philosophy and epistemology — that Chomsky and Gandy branch in the unique film. Their conversation is literally animated by Gandy's bright, hand-drawn cartoons and collages which comprise most of the visual effecting a whimsical countpoint to the heavy talk on either.

The AY Club compares as the man who is Tell Happy? Te "noticing" the products, summer equivalent of Schoolhouse Rock. You can

catch it on January 23 for the first time in Burlington, presented by the **INDEPENDENT FILM SOCIETY AND MAIN STREET LAMBERTVILLE ARTS CENTER**.

MARGOT HARRISON

INFO

Mountaineer Human Rights International Friday through Thursday, January 17 to 23 with screening starting at 7 to 8 p.m. at the Flying Picture Theater in Waterbury. Reception with free pizza on Friday, January 17 from 6 to 8 p.m. at the Flying Picture Theater. The audience is invited to participate in a discussion on the subject of the film. **NOTGAY: BE ATTRACTIONAL** and **DISCERN** Sunday, January 26, 10:30 a.m. (pre-registered) to 11:30 a.m. at the Palace 8 Cinema in South Burlington. Free. **NOTGAY** is recommended. **NOTDISCERN** is not recommended.

In the AY Club is Tell Happy? Thursday, January 23, 7 p.m. at Main Street Landing, 100 Main Street, Burlington. Free. **NOTGAY** is a 100% funding by community org.

An Illegal, Iranian-Directed Film That Isn't a Film Makes Its Way to Middlebury

By ERIC A. LEHRER

the brief closing credits of *John Paul and Shaggydog* (Miramax's 2001 semi-documentary *That Is Not a Film*) will be the key to understanding this cryptic, fascinating work. Those credits inform viewers that they've just watched not a film but an "effort," and the names of all but the two directors are redacted. *That Is Not a Film*, in other words, makes every effort to live up to its title.

Beritifnot a film, and a gathering east and crew made it, then what is it? Local writers will have the opportunity to peel back the many layers of the one of a kind work when (RE)CUTS at St. Modbury College's www.modbury.vic.edu.au Film Festival on Saturday, January 13.

Fanqui, one of the leading lights of the Iranian New Wave film movement, was sentenced in December 2010 by his country's Islamic Revolutionary Court to six years in prison and a 20 year ban on filmmaking. The official charge was that Fanqui had worked on an "un-

Though the director had already been handed and arrested by the Iranian government numerous times, the 2002 sentence was unusual in its strictness. It stipulated that Panahi is banned from making films, writing any kind of script, traveling abroad and living in local and foreign media for 20 years.²



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At present, Panshi is not restricted, though he lives under the threat of that eventually. His residence in Taiwan, can move about the country and has often attended International film festivals. Yet, the ban on Panshi's filmmaking remains in place, and the directive is not allowed to change.

After *Parasite* was acclaimed, leading figures in world cinema raised their voices in protest. Abbas Kiarostami

from's most acclaimed director and Paush's mentor, penned an open letter calling for his release in the West, while filmmakers, critics and film-festival organizations condemned Paush's punishment and drew public attention

In his shadow. At the 2002 Cannes Film Festival, a chair was left symbolically empty on the jury panel on which Paolini had been slated to serve.

It's just the subatomic Cannonball.

LOCAL VIEWERS WILL HAVE THE OPPORTUNITY THIS WEEK TO **peel back the many layers of this one-of-a-kind work.**

Bestow that This Is Not a Film, saved on a USB drive and smuggled out. Pansu reads a copy, and is struck: the unusual distribution, certain complements in unusual production. Pansu was careful not to obey the rental rules placed on him, thereby highlighting their absurdity. The movie was shot partly as video and partly as an offshoot (and in this case a film, per se). It shows Pansu reading from a script he's written to have filmed and describing how he intended his characters to

For reasons both political and cultural, this is *Not a Film* fits in well with the mission of the Hitchcock series, says [John H. Watson](#), Middlebury professor of film and media culture and American studies. The series is committed to showing international films that have received limited or no release.

WER DS WIR

It's time again for the New England Review. Last Wednesday night, as always at Carol's Hungry Mill Cafe at Middlebury. This Thursday, listeners will hear from Middlebury professor Jay Parini, who just released another unusual biography, *Jesus: The Human Face of God*. The first in a series of edited texts edited by James Ash, *Jesus* aims to "re-mythologize" its subject, rather than seeking the historical or literal truth of the gospel. The *Deslaurier* radio show is at 9 a.m. on *WAMC*.

In addition to Parris, the reading will showcase *West Windsor poet [Rita Dove](#)* (1952-), *Vermont author [Alice Hegan Rice](#)* (writing program director, *Wyo Writers* [also a poet]) and *Middlebury author [Rya H. Rice](#)*. The last is also a photographer with a current exhibit at *Burlington International*. A part

The conference isn't just for non-fiction nature writers and advocates for environmental issues. It also welcomes fiction writers and poets, who are drawn to write about



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the natural world" according to a college press release. Among the year's faculty are Rick Bass — author of *Why I Love This World* — Jane Best and

WTF?

Why did the family behind Seventh Generation launch an eco-friendly condom?

Coming as we to a health food store, where you see the latest Earth-friendly product from a guy who once ran marinated sunflower and organic diapers, detergents, toilet paper and other household consumer goods.

This product, unlike the others, will be worn exclusively by men but marketed primarily to young women of the Millennial generation. It's the first ever Fair Trade-certified, organically sourced, vegan, antibiotic-free and anal tested and BPA-free polypropylene. Known as the Sustain condom, it could revolutionize rubbers forever.

A lesson we in a consumerism WTF? Does the world need a new approach to condoms? And why market them specifically to young women?

Sustain condoms were the brainchild of Jeffrey Hollender, the 38-year-old co-founder who unleashed Burlington-based Seventh Generation in 1986. More recently, Sustain is a family project created by Hollender and his 26-year-old daughter, Melina, a recent business school graduate of New York University. They're the father and daughter's first business venture together.

The older Hollender, who gave Seventh Gen its \$10 million-a-year business before it was forced out in 2000, says he launched the project after realizing he was "a failure at retirement."

"Starting and running businesses is what I have to do now, and I feel there was a lot of unfulfilled opportunities, particularly when it comes to the role businesses play in society," Hollender explains. "While there's been a lot of good work by a lot of companies, at the end of the day we still haven't come close to reaching the tipping point where businesses are solving more problems than they're creating."

Especially, that's as true for condoms as it once was for cleaning products. Twenty years ago Hollender made market the iconic Seventh Generation with a plan to market eco-friendly products made of sustainable materials, like fiber from the Amazon, without the use of toxic chemicals or child labor. That product never materialized, and Hollender turned his focus to Seventh Generation.

The goal of the newly created Hollender Sustainable Trust, which makes Sustain condoms, he says, is to



be a "not-for-profit" business that plays a "regenerative" role, both socially and environmentally, rather than just being "less bad" than traditional companies.

To that end, penetrating the condom market makes sense on several fronts. First, the product itself is already an ecologically responsible tool for global population control, family planning, women's rights and preventing sexually transmitted diseases.

Sustain takes that ethos to the next level. The Hollenders found an organic, family owned rubber plantation in southern India that is certified by the Forest Stewardship Council for preserving biodiversity, sequestering carbon and mitigating climate change. The plantation also pays workers "pre-market wages," which free health care of its own hospital and provides free education to all workers' children.

Now, the Hollenders identified a family-owned, sustainable condom factory, also in southern India. It, too, pays its workers "significantly" higher wages than others in the region, Jeffrey Hollender says.

From a health standpoint, Hollender expects one big selling point of Sustain condoms to be the absence of measurable antimicrobials. A 2010 study published by the Chemical and Veterinary Investigation Office in Stuttgart, Germany, found that 29 of the 32 conventional condom brands in the market contain BPA, a carcinogenic compound. While

Germany's environmental measured consumers that these chemicals don't pose an imminent health risk, it advised manufacturers to seek safer alternatives.

The Hollenders note to that challenge. Their BPA-free condom also contains lower protein levels than conventional condoms, Jeffrey Hollender adds, making the latex less likely to cause allergic reactions.

Finally, Hollender emphasizes that his daughter is leading the marketing campaign, which is aimed at women in her age group. Although females make up about 40 percent of all condom purchases, he notes, most condom ads target young male consumers—and their engaged egos.

For example, ads for the Durex brand emphasize that they come in sizes. "Not that any brand sells, but it does little to improve the product's reliability," Hollender says a major complaint he and Melina have heard from women about condoms is that men buy too large sizes that fall off. Moreover, women are often reluctant to buy a properly sized (i.e., small) condom, fearing or even fearing their partners. To that end, Sustain comes in a "seventh GEN" size that, Hollender asserts, is less likely to cause bad blood in the boudoir.

"We want to change the experience of being embarrassed when women buy condoms or something they feel proud about," he adds. "You go out a store and buy organic food, and you feel great that

you're taking good care of yourself. It's terrible that young women, and men, feel embarrassed about doing something that is critical to their health."

Indeed, condom use is actually down among Millennials. In a September 2013 article for *New York Magazine*, Ann Friedman describes sexually active, heterogeneous millennialings as the "Pillout Generation" for eschewing condoms (and other reliable birth control methods) in favor of prevent-tilting apps and sensible thinking.

Naturenough, then, the Centers for Disease Control and Prevention report that about one in four college students now has a sexually transmitted disease. Hollender theorizes that Millennials' condom aversion, beyond the usual excuses, may be due to the fact that they were born after the height of the AIDS epidemic, when condom use soared.

Alan, along with all others at consumer rights' center, the Better, which lists itself this spring, lag on one from The Hollenders is neither natural nor organic, because the FDA has yet to approve one. Hollender insists they're working on it.

Finally, the Sustain condom aims at consumers about environmental sustainability. Sorry, folks, but for that, you're on your own. ☐

INFO

Outrageous entry on our inbox: answering last year's burning question to therealgeek.com

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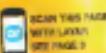
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Dear Cecil,

It seems pirates have made a comeback, and so with great excitement, and possibly a bit of delusion, I've decided to become one. How much would it cost to buy or commission a ship of the line, fully stocked with cannons, cannons, food, muskets, rifles, gunpowder and crew of 300? Is it legal to purchase all of this?

Howard Grac, London

We used to think this through, Howard. I am afraid the appeal of piracy in the Jack Sparrow mold, although I personally could still play the system, has run its course. However, one must ask whether buccaneer-and-pirate-type piracy is a paying proposition in the modern age.

Let's start with the ship. I'm assuming you want a classic wooden vessel, and from your specifications I gather you want something huge, as the order of Blackbeard's pride, the Queen Anne's Revenge. While this isn't something you can purchase at Amazon, we can make estimates based on other reconstruction efforts. A 27-meter replica of the Black Pearl, with room for 70 tourists, eight crew and no financial losses, *minus* cannons, was listed for sale online at \$3 million a while back but later reduced to \$750,000. In 2008, the cost to build a replica of Blackbeard's ship, Adventure, a much smaller ship than the Queen Anne's Revenge, was estimated at \$1.7 million. Since

there was an 80-ton ship, I'll take a flier and project the cost to reconstruct the 200 to 300-ton *Adventure* at \$11.6 million.

Next, the crew. Most pirate ships were fairly small, with maybe a dozen guns and crews of about 30, but some carried crews of more than 200, and the Queen Anne's Revenge carried 600 to 800. You want 300, let's figure payroll for 300. Piracy crews back in the day typically worked for a share of the plunder, but this is the 21st, when even cutthroats expect a regular paycheck.

In addition to general-purpose crew, you're going to need a captain, first mate, quartermaster, bosun, and so on. To estimate your likely outlay, I took current U.S. Navy pay rates and multiplied them by 1.4 to cover everything from Social Security and Medicare to 401(k) contributions (haha, I glad I didn't include stock options), arriving at an annual cost of \$10.3 million — spreadsheet on request.

Costs for food, drink, tobacco and other essentials can



be estimated by a standard business contractor per day charge of \$75 per person per day, or about \$82,250. Total crew cost about \$195 million per year.

OK, cannons. It may surprise you to learn that, according to the Bureau of Alcohol, Tobacco and Firearms, muzzle-loading cannons are legal to own, so long as they don't use exploding shells and the shot, powder and primer are all separately loaded. The Queen Anne's Revenge sported up to 50 cannons plus numerous swivel guns and other smaller armament. A full-size 32- to 36-pound iron cannon costs about \$72,000, and cannon-grade black powder about \$15 per pound. At five to six pounds of powder per shot, firing 40 guns (that's say) 250 times per voyage would require 55,000 pounds of powder, or about \$825,000. Throwing in the price of

cannonsballs, we get a total armaments cost of about \$5.6 million.

So with the ship, crew, food and armaments, and so on, you're looking at around \$34 million for a one-year voyage. Is that a cost-effective expenditure of scarce resources?

Back to our spreadsheet.

Armaments cost to all real-life *Scalawag* were \$10 million in 2010, \$188 million in 2001. Individual *Scalawag* pirates have been estimated, earn somewhere between \$11,200 to \$70,000 per year over a five-year career. (This happens to be more than 60 times the annual earnings of the average lawfully employed Scalawag.) If we take your crew of 300 and assume a median earning potential, you might be able to take in \$17 million annually. In other words, after the first year, even if things go well by the standards of modern piracy, you'll still be \$79 million in the hole.

Is there a cheaper way? Of course. Scalawag pirates, unencumbered by maritime norms, use small ships capable of 25

knobs (although no successful attack has been perpetrated against a target vessel traveling faster than 18 knots). Thus typically operate in pairs and focus a motherhip carrying fuel, ammunition, other supplies and any hostages previously obtained.

Scalawag pirates don't use canons — just AK-47s, rocket-propelled grenades and such. When they get close enough, they try to board using hooked poles, ropes and grappling, or lightweight ladders. (Ships with a freeboard of eight feet or more and a reasonably stout-legged crew are largely immune to such assaults.)

Coff! On the assumption it's all or mostly snakes, I'm passing close to top, asking for a much more intensive refund on investment, assuming you're OK with the possibility of bloody death.

But give that last part some thought, Howard. How many pirates in expensive ships were punished in any way whatsoever for their role in the recent financial meltdown? Lesser. For serious plunder, stick close to your desk and never get sea.

INFO

In these snippets you need to get straight? Cecil Adams can deliver the *True* *Straight* on any topic. Write Cecil Adams at the Chicago Reader 1110 N. Milwaukee Chicago IL 60642 or cecel@chicagoreader.com

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From left: Nancy Koller, Garry Elgstrand, Holly Deneen, Debbie Belfiore, Military Recruit Karen Ouellette and Christine Bialas.

Kicking Back

A nonprofit group of black belts arms Vermont women with self-defense skills

BY SARAH TUFF

Besides, Burlington bugbears, burglars, sexual predators and any other jerks who attack women. You do not want to meet Christine Bialas in a dark alley. A third-degree black belt in karate, jujitsu karate and a licensed psychologist, she will take you down physically, mentally and verbally — whatever she has to do to keep herself safe.

And she's not alone. Meet Devey Richardson-Miller, firearms consultant and second-degree black belt; Nancy Koller, educator and second-degree black belt; Karen Ouellette, police officer and second-degree black belt; Christine Bialas, firearms champion and first-degree black belt; and Christine Allard, physical therapist and third-degree black belt. Known as the safety team, the six women have made it their mission to empower other women with the self-defense tactics used to avoid, fend off and defeat common attacks.

After several years of teaching women's self-defense workshops, the Safety Team formed a nonprofit that aims to reach towns, corporations, colleges and community organizations. Its program ranges from two-hour introductory classes to eight-hour intensive workshops to private sessions.

"The goal isn't to hurt someone else," says Bialas. "The goal is to escape with an minimal injury to yourself as possible, so that you can live another day and be with your family."

It was Bialas's family, in fact, that triggered her interest in martial arts nearly 15 years ago. Her daughters, then 8 and 10, were taking classes at the Martial Way Self-Defense Center in Colchester when the girls taking classes left herself. Bialas found herself hooked on the mind-body benefits. Martial arts made her focus "I couldn't think about anything else, or it would not feel right for me, so it got me to be mindful of what I was doing," she says. "And I gradually became more fit. I stopped暴ing and ate tables so much — my coordination improved."

Such talk, Bialas was often one of only two women in the class, the other was Richardson-Miller. "Growing up, my brother had done martial arts, and I'd seen the *Karate Kid* movies, and I wanted to be able to defend myself," Richardson-Miller recalls. "She has that confidence that goes with you when you've taken martial arts."

When the two women decided to teach other women in self-defense, they already had a game in Martial Way's Daze Quan, a sixth-degree black belt who started the Think Safe for Women program in the 1990s. Think Safe is based on

martial-arts silklining women much from law-enforcement officers and officers with survivors — and sometimes perpetrators — of violence.

As a "start" organization, the Safety Team collaborates on curriculum with Think Safe in Colchester but works as a

**THERE'S FIGHT,
FLIGHT OR FREEZE,
AND IF YOU DON'T
PRACTICE 'FIGHT,' YOU'RE
VERY LIKELY TO FREEZE.**

CHRISTINE BIALAS

Participants start by expressing those concerns on paper in a pre-class questionnaire that also asks them in which activities they engage in that might make them inadvertently vulnerable to a potential attack. "Really, the physical skills are kind of the last resort," Richardson-Miller says. "The easiest thing and the most effective thing is just staying out of the situation in the first place."

As part of the Safety Team's work, self-protecting women can learn how to remove the risk

from their students — parking in a different location, for example, looking the front door or leaving a late-night shift with a convertor instead of alone. "Realizing that there were parts of my life that made me vulnerable helped [me] to prioritize the rest of the course," says Jackie Lynch, a 25-year-old teacher in Essex who has taken several Safety Team courses. "It hit home that I could be a potential victim and made me want to ensure I did everything in my power to prevent something happening."

Stephanie Robinson, 44, of Essex has also taken several Safety Team classes and reports that she now feels more in control, armed with better ways to protect herself — beginning with heightened awareness. Says Robinson, "I don't take chances [anymore], but maybe even less now."

Richardson-Miller's work as a forensic toxicologist helps her communicate the risks of alcohol. It's the No. 1 drug in rape, she says, and one of the reasons why college students, especially in their first semester, when they haven't yet built trustworthy relationships, are at highest risk for sexual assault.

Another key component of Safety Team classes is learning how to carry oneself confidently, make eye contact and get verbal with a load "no" when necessary. That can be one of the most challenging aspects of the program, instructors say. "Women don't want to offend," says Dellolio. "Well, it's better to be rude than deaf."

When it does come to physical self-defense, the Safety Team teaches basic strikes designed to be easy to remember under the influence of an adrenaline-inducing attack. "There's fight, fight or freeze, and if you don't practice 'fight,' you're very likely to freeze," explains Dellolio. Her work as a psychologist with survivors of sexual violence spurred her to found the Safety Team, she notes, and continues to inform how she and other members help women enhance their personal safety.

"You don't have to use these strikes and kick the guy butt in next Tuesday," says police officer Chervilka. "But enough to get him off you."

What about weapons? Chervilka advises participants — and all women — to familiarize themselves with pepper spray and similar deterrents if they plan to carry them. Otherwise, they provide a false sense of safety. She also counsels women on refusing to go to a second location with a predator. "If he has a gun on you and tells

you to get in a car, he's going to take you someplace where he has more control," she says. "Do what you have to do to avoid that."

Sexual violence, guns and kidnapping are serious topics for a two-hour session, but members of the Safety Team work on creating a warm and comfortable atmosphere, bringing cookies for the class, debriefing components and creating a plan.

"The workshop was a lot of fun," says Stranachelle Souza, 44, of the December class she took in Essex Junction. She went because she felt nervous about home break-ins, she says, and about her daughter attending college soon. "Those ladies added many laughs by their considerate and good sense of humor."

Humor can offset not only the unsettling statistics about attacks against women, but also the fact factor of some of the strikes — such as using both thumbs to gouge out an attacker's eye. "It's gross as hell," says Safety Team participant and professional legal assistant Doreen Berard, 33, of Swanton. "But it was funny while being taught."

Finally the session ends with women feeling empowered, and members of the Safety Team say they've seen major shifts in self-worth, even after only two hours. "You're super strong," says Chervilka. "You walk every day looking like you've got some solid tools to keep yourself safe."

Nancy Miller, also in the Safety Team, says a Somersworth high schooler whom she mentored last year told her, "I grew up when it was either kill or be killed." After four or five months of martial-arts training, the student was transformed by her confidence. "There's an impact on mental shifts associated with self-defense and self-protection," Miller explains. "There's a synergy there that's really powerful."

As Chervilka explains, seeing that small women — or big women, or older women — can fight back has a profound effect. While the Safety Team instructors have "reached the highest level of achievement in the most-dominated world of mortal arts," says Chervilka, they possess even more vital skills. "Their compassion, skill and dedication are evident in all who participate in their classes," he continues. "They handle the unpleasant reality of dealing with violence in an inspiring, engaging and empowering way."



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INFO

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an App That Puts WiFi in Your Toes
BY LINDSAY J. WESLEY



PHOTO BY JEFFREY L. COHEN

Singular Sensation

One Vermont skier glides down the mountain with the best of 'em — on one leg

BY LINDSAY J. WESLEY

I had read the description of Mt. Elkins' black diamond. I never ran before snowshoeing up, I might have been put off. "Men and stomp with a great headfull at the third tower from top," the trail map reads. Instead, I'm already at the top, looking to Vail's Sigitra's recommendation for the best (or best!) way down. "I skied it yesterday and it was fine," he says. "Stomp to the sides, and it should be pretty good. Maple pants don't follow me."

Then he lets it rip.

At age 22, Sigitra has much in common with his fellow 2013 grad: there's gotta be an mechanical engineering from the University of Vermont and a serious skiing addiction on the side. Chances are you'll follow him every move as he carves down the slopes, catching air from moguls along the way. It's not until the powder settles

that a defining feature beyond his shell becomes a apparent: Sigitra skis on one prosthetic leg, supplemented by a pair of crutches, augmented by a pair of crutches, and a pair of crutches under his arms. The hem of his jacket is pinned up near his right leg. The thigh, thigh compartment was the result of a blood infection when he was 8 months old.

"I don't remember it at all," Sigitra says, as we retrace the churchill back up together. "I only started skiing in fifth grade, but I was always pretty active. I used to play soccer all the time growing up, but I also do long board, ultimate frisbee, hockey — I've tried just about everything."

Sigitra uses crutches more often than he does his skis with a pair of prosthetics that he and his friends customized to fit his needs. Everything else he's using today was donated by major outdoor retailers, "mostly

just because it's simple, and companies don't use sing legs," he says, glancing down at the sole support plank dangling below the chin ribs.

We have time for one more run — another black diamond — before heading back to the lodge. Sigitra is riding on crutches. Like today, on Dec. 10, when he arrived at the nonprofit organization that offers year-round sporting activities for athletes with disabilities, and today is "one of the craziest days of the season," according to Sigitra. Vermont Adaptive program executive director Heather Tornio

At midday, the program's small room in a corner of the Mt. Elkins lodge is packed with volunteers and participants, as well as with all the equipment needed to help



Individuals with a wide range of physical, mental and developmental disabilities get out on the slopes. Sigitra worked for a Vermont Adaptive intern for the large morning group, but now that the Vermont Special Olympics has arrived, he's helping to catch up on paperwork.

While he works, I tag along with Rikke Stefanai, 21, an athlete on the Vermont Adaptive Alpine Race Team who is training for the 2014 Special Olympics Winter Games. Accompanied by volunteer Jackie Levine, we ratchet a few runs before moving up with the rest of the team. Stefanai skis confidently and cheerfully about her love of speed and outrunning her family members on the slopes. Until, that is, she lumbly doesn't mention the medals — four gold, one silver and one bronze — she earned in Vermont Special Olympics games.

Seifert is one of the success stories, according to longtime Vermont Adaptive volunteer Roger Egan. "Our goal is to teach people to, hopefully, ski independently so they're able to ski with family and friends," he says. "The majority of our customers are kids, so we want to teach them the discipline, control and safety, so they can ski with their families and don't need us anymore."



I USED TO PLAY SOCCER
ALL THE TIME GROWING UP,
BUT I ALSO DO LONGBOARD,
SKATEBOARD, HOCKEY —
I'VE TRIED JUST
ABOUT EVERYTHING.

YASU SOJITRA

Now 27, Egan has been a volunteer for more than 20 years. He's watched the program evolve over its 27-year history, which started at Ascutney Mountain Resort in Brattleboro in 1985. Back then, Vermont Adaptive was called the Vermont Handicap Ski Foundation and offered skiing instruction only. Today it offers snowboarding, lap-skiing, cananing, sailing, syringing, biking, rock climbing, tennis, horseshoe riding and other activities for people with disabilities.

The nonprofit utilizes more than 600 volunteers, who go through a rigorous training program that includes off-snow

orientation, coaching instruction and workshops. Sojitra was one of those volunteers this summer, and he became an intern in January 2, just after arriving home from a road trip.

It's not surprising that Sojitra is in great skiing condition. He and fellow USASA grid Tyler Wilkinson-Ray hit four states in three weeks in search of powder while promoting United We Ski, a documentary that Wilkinson-Ray and his brother, Eliot, made about small ski areas in Vermont. Next they hope to shoot a documentary about adaptive sports and Sojitra's quest to qualify for the Paralympics. A screening of *United We Ski* at Burlington's Database Clear Exchange this Thursday will kick off a campaign to fund that project.

Sojitra says he's found a niche through Vermont Adaptive who's willing to train him for the Paralympics, and he skis as often as possible, both in and out of bounds. He frequently runs cross-country for "distance patrol" with friends and gets in a few runs before work — and before the lifts open. Holding yourself up in a mountain using only doable techniques on the bottom of your skis is hard work for anyone, but for Sojitra, it's even trying on one strength.

That's a lot of muscle with poor balance (looking deep into the snow) when I first started backcountry skiing," he says, "but my friends and I modified my technique to give them more stability, and now they work great."

The support of friends has been a crucial component of Sojitra's development as a skier and an athlete, he says. He didn't take advantage of adaptive sports while growing up in Connecticut or during a five-year stint living in India, he preferred to figure out his own solutions.

"My brother definitely helped out a lot with trying new sports and stuff when we were younger," Sojitra says. "He and all my other friends were pretty much just like, 'Yeah, you're going to do that, so shut up about it.' And I'd be like, 'Yeah, OK, fine.'

We stop talking for a minute to watch a deer below us sauntering the trails. A black diamond that today is marked by rocks jutting through the snow and plenty of ice drop-offs. It looks like deer suicide to me, but Sojitra watches with an approving eye as the skier takes the plunge.

"That last yesterday and it really wasn't too bad," he says. "Well, at least I didn't tear up my ski, which was pretty good. I was happy with that." ☺

INFO

United We Ski screening and fundraiser
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vermontadaptive.org/16wefilm.com

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About Face

A Burlington company wants men to get the message about natural skin care

BY CHRISSIE DELLACKER

In December 2010, a new Vermont company called Ursa Major launched its first product: a shaving cream. And its founders, Emily Doyle and Oliver Swartzman, had a moment of terror: "We launched with this expensive shaving cream in a nervous way in Winooski, where everyone was already growing a beard, and with a [company] name no one could pronounce," Swartzman says. "It was like, oh, my God."

Doyle and Swartzman, life partners and veterans of the skin care industry, had met in New York City and decamped to Winooski in 2009. They planned to start a business together, but "at the time, we didn't know what it was going to be," Swartzman recalls. "We thought maybe we should try something else — soaps, here, soaps, whatever." The reasoning was tenuous, though, as Doyle and Swartzman decided to stick with what they knew.

A year of research and development went into Ursa Major's shaving cream, which didn't find voice in the shaving trend until after two years spent in the market. Rapport magazine declared it the best shaving cream of the year. Now the company offers four other products: face wash, toner, balm, and wiper. Swartzman and Doyle live in Montpelier, and last summer, they closed their business in Stowe (their formulations work in labs outside Vermont). In the fall, they hired six employees and moved operations to a Burlington office on lower Maple Street.

For this week's issue, I focused on health, fitness, art, culture, and Ursa Major. I sat down with Doyle and Swartzman to learn about their products and what men should be doing for their body's largest organ.

SEVEN DAYS: Where does the name Ursa Major come from?

OLIVER SWARTZMAN: We learned our parents sharing a name and we learned our friends, too. At some point, we started calling ours Ursa Major [for "lager bear" and the Big Dipper constellation]. We were talking on the phone last thing, and I took Gator... and we were like, "That's not 'Gator'!" It's a big passion, and there's also this real mythology around the Big Dipper being a way of finding stars. We liked that idea of connection and discovery, and we thought that was a cool thing to weave into our brand story. In some ways, it reflects what we've done moving to Vermont.



EMILY DOYLE: Our brand is about gut intuition and connecting with nature, so we wanted to reflect that feeling of getting outside.

SD: We don't typically think of men as consumers of skin care products. How has it been marketing it to them?

OS: I would say that there is a growing pool of men increasingly interested in taking better care of themselves. They're much more open to engaging with these

products than my dad. For example, or my grandfather. As the awareness around potentially unhealthy chemicals or [skin care] products is growing, there are more health conscious guys who are looking for an efficient, natural alternative. We're trying to focus on that guy.

ED: That said, there's also still that fear: "I'm going out there, and he uses the hair soap had to take it off when we're on vacation." In our staff, often we see this response



of "Oh, my God. This feels so good, and my skin feels so comfortable. I don't feel itchy."

OS: Our analogy for this is when, maybe 20 years ago, most people didn't know what "Gator" Gatorade tasted like. Now, on radio, in their culture, there's a whole language. When you talk to college kids now, they're like, "I like an IPA, a cigar, an ale," and they know the difference. It's not exactly the same, but there are some parallels in terms of guys getting more familiar with different kinds of products.

ED: And also being willing to pay up a little bit for something they love.

SD: So, for your young guy in Vermont growing a beard in the winter. What sort of regimen would you prescribe for that?

OS: Most of all, I get skeptical of these companies that say, "Here is this regimen that you need to follow every step." No one's the same. But generally speaking, I think washing your face twice a day with a good, soapy-free cleanser is a very good thing to do. If you have, you know, thick hair, that's great. But the next step would be a light hydration product, and if you're going to spend any time outdoors, I would put on a natural SPF.

Above and beyond that, a mild scrub or exfoliation-type product can be very helpful, because guys tend to build up a lot of dry skin. If you have shaving cream, I think a foam lather can be very helpful. A lot of guys have ingrown hairs or acne bumps.

SD: Beyond the intermittent face-wash or shaving products, are there any products or behaviors that you recommend for better skin?

OS: First of all, genetics has a lot to do with it. Putting that aside, you definitely make a huge difference staying well hydrated, having a healthy, balanced diet. Stress is a big one. Sleep. People in Vermont tend to spend a large amount of time outdoors, but only about 30 percent of men use SPF, whereas 70 percent of women use SPF, so that's a huge one for guys.

ED: We're working on a natural SPF, because that's the No. 1 thing you can use to really keep your skin looking younger.

SD: Are there any broad differences between men's and women's skin care?

OS: There are definite physiological

difference. Men's skin is thicker and older and has whiskers, so I think there's definitely a case to be made that men need guy-specific products. Men also tend to like different scents, aromas and language, which is more of an emotional, psychological thing.

Having said that, we're getting an increasing number of women saying they love these products. So we're asking ourselves, "What the hell are we doing?"



Emily Doyle and Oliver Frenchman

Why are we saying no to the ladies? On a daily basis now, we get an email from a lady saying, "Hey, I found your stuff! I'm looking at your label, and I see that it's for men. Should I not be using it?"

ED: Why like, "No, you can't?"

SD: Should we be scared about tootpaste?

OB: If you do the research, this is a totally unregulated industry so there are now over 3,000 synthetic chemicals that are used with very little regulatory oversight. With over 90 percent of these chemicals, have not been side-qually tested for use on humans. I think Americans are especially bad on that front.

There's a growing body of credible evidence that love-on products [e.g., deodorants, lotions and colognes] penetrate the skin. In fact, most of these products have synthetic penetration enhancers to drive it deeper in your skin, or you ingest it through your nose. There are endocrine disruptions that mess with your hormones. There are carcinogens. There's neurotoxic stuff that's happening.

ED: Why are all the soaps that's unnatural and banned in Europe? You just don't have to anymore. You can find awesome, clean

products like ours, and there are other brands out there that we use as well that are beautiful, smell amazing and work.

SD: How do you make sure your products are natural?

OB: We formulate to a standard called Ecover, which is used in Europe. Basically, we formulate closer to 100 percent natural as possible. But we're actually going to be moving towards the Whole

Foods standard. They're the undisputed leader on setting a natural standard, with a list of 430-plus ingredients that they don't allow in their stores.

SD: When people are trying to go natural, what are some things on the labels they should look for?

OB: We personally look for a statement around percent natural — as close to 100 percent natural as possible. We also look for an overt statement around no toxins, which would be no parabens, phthalates, sulfates. Plus a synthetic fragrance, colors or SFR. Some good natural brands are Aveda, Burt's Bees, John Masters [Organics], Natracare.

ED: Women have way more choices, and that can be off putting for a guy, even if the ingredients is pure and beautiful, because the counts are a little bit different for women. For guys, it's immediately like, "You're going to try to get me to use her cream, and I'm going to smell like roses?" Forget it. It's over! But there are some choices.

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Lunchtime Recess

A new start-up invites Burlington-area professionals out to play

BY CHAD ESCH ACKER



ILLUSTRATION BY ANDY RASMUSSEN
a resource that could set him up with spontaneous pickup opportunities, the way mobile apps such as Uber connect travelers with taxi drivers.

Conselve approached Andy Rasmussen, a fellow Middlebury grad who founded the mobile app PartyUp. "Are there any apps for pickup games?" he recalled asking Rasmussen. "And he said, 'I don't know, but if there are, they're not very good, or at least people aren't using them.'"

Conselve and two others decided to use Burlington as an incubator for their concept. They set up a website and began working with venues such as the Edge to create equipment and massive space sharing handbooks. The hours are 1 p.m. to nine slots are convenient, not just because athletic facilities are quiet in those off-peak hours, Conselve said, but because they allow people to fit exercise into busy schedules and return to work refreshed in the afternoon.

NEW RECENT ADVISORS INCLUDE ROBERT FERGUSON, FORMER NEW YORK CITY PARKS COMMISSIONER; ADRIAN ROMPE AND JEFFREY ALBRECHT, STAFF WRITER ALEXANDER WOLFF. GENERAL LOCAL COMPANIES SUBSIDIZE THE COST FOR THEIR EMPLOYEES. ONE OF THE THREE ENTREPRENEURS, DESIRÉ COHEN, ALREADY OFFERS EXERCISE CLASSES TO EMPLOYEES. STAR BAR FOUNDER MICHAEL MCLELLAN, JR., A FRONT-END DEVELOPER, USES THE APP OF RECESS WHEN HE'S HOME, HE TELLS US. HE USES IT TO SET UP A WORKOUT ROUTE IN HIS BACKYARD. "I'M NOT EXERCISING OUT THERE AFTER WORK."

As with any start-up, the challenges are many. The Recess founders involve forming partnerships, securing investors, and selling concessions to their predators. Currently, people who use the

It was 12:30 p.m., and I was wheeling like a beached whale. My left leg blasted from one corner of the Edge athletic complex in Williston. In one of its facilities — a large AstroTurf field house — a dozen guys in white and black jerseys were sparring to and fro. You truly was doing his best to keep up with them while not pausing.

An hour earlier, 70 descended from Seven Days' Burlington headquarters to participate in the pilot phase of a soon-to-be-launched platform for people in the area looking to play recreational sports at lunchtime. Now I was knocking it to one end of the field house. My immature hand hooked a Frisbee over the end zone, and I was closing in on it, readying to pluck the disk out of the air.

To sign up for the game, I visited the website of Burlington-based Recess and chose Ultimate Frisbee from a menu that also included soccer on Tuesday and touch football on Wednesday. The standouts come from locally based companies, including LOR'D Microstrata, Southwest Generation

and Dealer.com. Back paid \$5 to protect gear. Most were shorn and running shoes. A few simply rolled up their pants and played barefoot.

"It's always good to get some other companies together for some social exercise," LOR'D employee Ryan Mills explained, as he made a beeline to the water fountain after our game. Mills has been using Recess since last summer, he said, when the service first started, and the weather permitted outdoor activities. (In our game that day, he was the one who cracked down the Frisbee en route to his hands.)

The idea of Recess came to cofounder Alex Conselve after he graduated from Middlebury College in 2009. He played soccer there but always preferred pickup sports to regimented exercise. So, after graduating, Conselve said, he looked for



service, pay \$5 to support its facility and operating costs. For now, someone from Recross — last Thursday, it was Canhamo — must attend each group to hand out the equipment. The founders are looking with the idea of recruiting users called "experts" to manage those extra users.

As Consalvo and fellow cofounder Ward Wolff look to expand outside Burlington, they've been in talks with the Ben Franklin parks and recreation department. They plan to sell yoga and rock climbing to their Burlington users, and they've partnered with City Sports, which markets special offers to Recross participants. Recently, the license company Warner donated a set of reversible memberships.

IT'S ALWAYS GOOD TO GET SOME OTHER COMPANIES TOGETHER

FOR SOME SOCIAL EXERCISE.

— KAREN MILLS

These were the sights on our backs as we tossed the Frabes around last week. Consalvo (who would be laundering them) was happy with the 12-person turnout. "That was a good run," he said after the game, when the other attendees had taken off. "Sometimes we don't have enough people, or we have too many, and people have to wait out."

So far, Recross has seen 180 total participants since it started setting up games in September, and participation is growing by an average of 60 percent each month. As Consalvo looks to grow the enterprise, he acknowledges that it might be tough to sway people who are reluctant to — or simply can't — escape from work at lunchtime.

"Insisting culture is incredibly difficult," said Consalvo, and added that he's considered establishing an additional 7 a.m. session. But when it comes to making time at wedding, "all we're saying is, instead of paying \$10 for Coke, a small bunch and Facebook, you could be paying \$5 for the chance to run around."

INFO

Visit www.recross.com to learn more about Recross and sign up to play.

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Fit Foodies

Vermont culinary professionals are slimming down

BY ALICE LEVITT

When I became a full-time food writer in 2008, I stopped weighing myself. My loft (or lack thereof) was never of any concern to me. I'd eat whatever I wanted my whole life, and with my height of just under 5 feet, the number on the scale had hardly ever grinded my digits. So why worry?

Within a year, I was aware my old clothes no longer fit, but that was no surprise to someone who ate out for half her meals. It wasn't until I began having gallbladder problems that it occurred to me that my eating was less than healthy.

Lasting theorgia last spring was my wake-up call. Hearing how much I weighed stopped me in my tracks. In five years, I had gained more than 48 pounds, nearly 30 percent of my former self.

Culinary pros will always put their bodies on the line to cook, grow and taste food and make it better for their customers, their consumers and their readers. But there are limits. Here's my story — and those of three other prominent local foodies who recently made big changes in their eating and exercise habits.

I happened to kick off my career at an especially inopportune time for my waist line. While vegans and gluten-free eating may be gaining traction in some circles, most serious food lovers have been rolling in "low, sodium and cholesterol," la la la "every thing" lettuce with bacon, even bacon" culture, cutting portions may not be the message. For me, even maintaining weight was a challenge, but was become disease from seven years of severe Lyme disease has left me unable to sense my own satiety. If I ate something enough, I could keep eating until I approached vomiting.

Once I recovered, mostly from surgery, I slowly worked my way up to being the gym 5 or six or more times a week for cardio and weights. When I couldn't



I HAVE TO EAT EVERYTHING. I LIKE EATING EVERYTHING.

STEVE ATKINS

author, I tried to do some cardio hunting on my Visa Fit.

By the time I arrived at Ideal Weight Solutions in South Burlington, I had already shed 30 pounds. Though my general practitioner, a former colleague of Robert Atkins, thought TWF's prescribed diet would be too strict for me, I started buying food from the supermarket. On days when I didn't have time to make lunch, I used a protein powder shaker to mix up protein-enhanced chicken (I'm king or creamy avocado-onion soup, so if I were an astronaut,

When I did cook ahead, lunch nights had a few options: a local, grass-fed brisket or a spiced rubbed, roasted chicken thigh with either delicate squash and kale salad. Without even realizing it, I had given up.

Grains are now part of my life only when I have to eat them for work. Unlike strict proponents of intermittent eating, however, I haven't cut out dairy. My favorite dessert is low-fat Greek yogurt with a swirl of honey and dark chocolate. And I swear whenever I eat for work, which makes it much easier to stick to my fat-free diet the rest of the time. The difference is that when I'm reviewing a restaurant, I don't eat the whole pork chop anymore. Now it's more likely to last me a couple more miles, mixed with ginseng and orange-crisped eggplant.

I've lost 30 pounds and am back to a size 2, but I'm not really stay yet. I should be over weight less than 100 pounds again, but I feel the best I have in my adult life. That's even better than winning a bigger-eating contest.

And I'm not alone: a feeling that way

Mara Welton, Farmer, Half Pint Farm

As a chapter president of Slow Food Vermont, Mara Welton does more than her share of doing out with friends. At the end of 2011, during one of these meals, she had a thought that would dramatically change the path of her diet. "I was sort of refl acting and looking around the table at all my friends," Welton recalls, "and I was thinking, 'Oh, my goodness, we are all going after this healthy. Is this lifestyle sustainable?'

Welton answered that question in the negative after she sorted herself "low-keto" (doing "dumb things," such as skipping stews and even tying her shoes) and a few months in, she and her husband, Spencer, began the *Alpha Michaela Body Revolution Plan*.

Welton describes the 90-day regimen as "a宏e weight loss plan." She did daily workouts, meditated and ate a diet consisting of three meals plus two snacks — mostly food that Welton was used to eating, but focused on lean protein and veggies with a few grains. Her daily calorie consumption dropped down to 1,600, depending on the intensity of the accompanying workout.

At the end of the 90 days, Welton had dropped 31 pounds. Once she was done with *Alpha*, she kept those pounds off by staying active as a farmer and eating small portions. Refreshing herself

PEYTON BROWN



11 SIDE dishes

BY EDWIN HIRSCH & ALICE LEVITT

Rusty Nail, Resurrected

LONGTIME COMIC TAD AND MUSIC VENUE TO REOPEN

Steve's eyes also seem well within a familiar face next month when new owners reopen the well-loved **RUSTY NAIL** at 1190 Main Street Road.

A trio of partners purchased the 45-year-old venue earlier this month for \$12,000 and a plan to have it up and running by Presidents' Day weekend under the same name. "We have been here since 1989, and we're going to let that history ride," says **CECIL KERKES**, who will掌管 the space with **JOHN O'GERONI**.

Both Davis are currently **handy hands-on** at **case**

FOOD & BEVERAGE, the nearby restaurant co-owned by **DAVE DAVIS**. Davis is the third partner who purchased the \$2,000 equity that Rusty Nail building in January 3.

O'Geroni says that he and his colleagues plan to hook up almost all of the 24 taps to Vermont beers (Galaxy

The most recent iteration of the Nail closed just about a year ago, but the building's previous owner — Massachusetts vegetable store **Summerworks** — had it on the market long before that. In March 2012, the Rusty Nail was listed for \$145,000. According to town records, the new owners paid \$12,000 in delinquent taxes when they took ownership.

After riding out the remainder of the ski season, O'Kearns says, he and his partners will complete "minor renovations" to the building in the spring. Perhaps the process has already begun. Earlier this week, an observer could see workers chucking a stream of crates and equipment out the back door and into a dumpster.

— E.H.



will be the only exception) and to serve classic pub fare such as burgers and wings. They're also plotting a robust schedule of live music, including "some national acts," O'Geroni says. The lack of a rustic venue up the spot, he adds, "has been a hole in the local scene."

Crumbs

KITCHEN TABLE RESTO
GOLD CASUAL - BUILD
CHAMBERS NAME: NEW PUB IN
CHESTER HOSPITAL TO OPEN
THIS WEEK

Chef turned down time, but starting up Sunday January 19, the staff at **KITCHEN TABLE RESTO** will no longer get Sunday off

Loco Flavor

Two Loco Guys To Open
In Barre

Burns has long been a city where most fast-casual options are decisively of the pizza-and-salad variety. But next Monday, January 20, the North Main Street will get a much-needed global shot in the arm when two loco guys open there.

According to **KATHY PATRICK**, co-owner with **ROB MCKEEHAN** of the new restaurant and **Ramie's CONVERSATION PARK KITCHEN**, the lifelong friends are sailing to add variety to the downtown scene.

The Two Loco Guys' basic concept is to familiarize **Counter staff** with burritos and bowls to **Customer's specifications** using a wide range of **in-ingredients**. Patrak says the **set menu** includes eight different combinations, including **Thai, Indian, and Cuban flavors**. Each of those composed dishes is vegan by default before being added a choice of **sear-cooked protein** (marinated tofu, braised pork, grilled chicken, steak or ground beef).

Guests can sit down at the 34-seat venue with a wrap or bowl of protein and veggies made to their specifications.

Two Loco Guys owes that menu flexibility in part to its location in the front portion of **Carmen's** soaring kitchen. Patrak and McKeehan recently purchased a catering truck to transport food to event locations. Come spring or summer, they may make the vehicle do double duty as a food truck, bringing Burn's favorite dishes beyond North Main Street.

Fans of the dive's fare can look for updates on Facebook, both about the food truck and about Two Loco Guy's soft opening featuring free burritos. Patrak says he'll announce a date this week between Wednesday and the following Monday.

— A.L.

That's a major gain for **deserts**. According to general manager **HEAL JAHNSEN**, "A lot of our favorite restaurants are closed on that day. There isn't much [open] on Sunday, and what we wanted to do is go to a more laid-back, casual setting of what we usually offer and make it more accessible to people."

TONALATION Causal Sunday Supper nights will feature three courses for \$30. Menus will change weekly but will always include three or four options

per course, plus variably committed specials.

Diners who made a reservation at **Guild & Company** early in the new year may have found themselves eating at a different restaurant. Last Tuesday, the South Burlington eathouse's ownership changed its name to **SOUP & SPONGE**.

According to the **SOUP & SPONGE** group's director of marketing, **MARISTINA RIBBLE**, the switch is to a slow



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Fit Foodies

After her diet caused Welton to gain back some weight, she says, so she cut back on that and dairy, her "guilty pleasure."

Nearly two years after embarking on her journey, Welton has embraced a healthy lifestyle that includes regular weight training and a paleo diet. *"I'm eating out?"* The former allows herself three or four meals a week, or 10 percent of her weekly intake, to enjoy favorite restaurants such as Panera — bread and pasta included.

He's maintained that loss "it's as if it resets your body," Atkins explains of 1980X. "I'm basically eating what I did before." That means tasting his own plates of frittata, all-day-cooked jerk and hummus gnocchi to ensure they meet his standards. "I like eating everything," says Atkins. "I like eating everything."

Of course, that's not without some continued effort outside the restaurant. Atkins has moved on from 1980X to the company's even more strenuous fitness series. His results at home are more likely to be chicken wings with pickled veggies than the type of fare he prepares at work. And when Atkins finally picks up that Beard award he won in 2013, he'll be wearing the same shirt he did in high school.



Steve Atkins,
Chef, Kitchen
Table Bistro

Vermonstare know Steve Atkins as a chef for excellence, a repeated nominee for the James Beard Foundation Award for the best chef in the Northeast. But only his close friends know the Champlain Valley Union High School grad is a共产党员.

"I've always been fairly active in sports and going to the gym," says Atkins. But by 2012, the path of inheritance and owning a restaurant had made it harder for him to fit in workouts. According to the chef, "It was a combination of getting older and realizing that I was a little softer than I once had been" that stirred him to make a change.

It was after a late night in the kitchen that Atkins found his path to getting healthy. An infatuation in the wee hours inspired him to try the 1980X, or Power 90 Extreme system, a notoriously grueling cross-training video workout. Like Atkins, Atkins did 90 days of strict diet and exercise, which left him 25 pounds lighter.



Robin Schempp, Culinary Consultant, Right Stuff Enterprises

Burlington culinary consultant Robin Schempp doesn't weigh herself, she says, so she doesn't know how much weight she lost last year. But Welton offers a testimonial for her colleague. The last time she saw Schempp at an event, she notes, "I didn't even recognize her."

The former co-owner of the gravity-themed Mist Grill in Waterbury says

More food after the classifieds section. PAGE 40

SIDE dishes

CONTINUED FROM PAGE 41

concept change. "Over the past year, we've expanded our menu and added more casual, pub-like fare," she explained via email.

"Eventually we came to the conclusion that the name Guild & Company no longer seemed to fit with the experience we were offering."

The two-page menu now has tavern fare such as burgers and fish and chips listed on the first page along with appetizers, salads and soups. Entrees such as crab cakes and seared brussels sprout dry aged, wood-grilled steaks

Since opening life in 2008 as Design by Cafe and Woody's Pub, Colchester's 1877 Sevenants Green has seen more name changes than Lin Taylor. But an established restaurateur is hoping to end the culinary merry-go-round when he opens his newest eatery early this spring.

DAVE NELSON, OWNER OF
MORALEEBO'S IRISH PUB IN
Montpelier; MORALEEBO'S IRISH
Pub in Barre and, most
recently, MORALEEBO'S IRISH
REHOME IN Winooski, is
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MORALEEBO'S IRISH ALL HOUSE

COMING SOON



ON THE GREEN
COLCHESTER, VT



that year in the restaurant business left her in the unhealthy habit of eating big meals late at night. The current goal involves helping food businesses craft their market strategies, often taking her out of her home kitchen and even to unfamiliar cities, where she eats all her meals at restaurants.

Last year, Schimpff says, she became more mindful of what she put into her body and how she burned it off. Just as she doesn't measure her success quantitatively, Schimpff says there was no magic bullet when it came to achieving a healthy physique. "I still eat and drink all

my favorite things. I will have generous restaurant meals, so in terms of consuming, for me it isn't so much what but how," she explains.

When she focuses on writing, as she increasingly does in her career, Schimpff says, it's particularly important for her to have a clear head. That means refueling after lunch with an adrenaline rush. She takes part in outdoor activities year round, lapsaking or getting out for a hike in the summer, skiing or snowshoeing in winter.

Soga has also been an important part of Schimpff's transformation. Referring

to the spa's "Coming Soon" sign, she says, "Once this latest space, Nelson says, the high-traffic area, complete with a brand-new deck, will offer 28 hours on tap and 'high-end, honest-to-goodness pub food.' Look for bacon-wrapped corned beef and Guinness-infused burgers."

Steve's Beehive Inn & Restaurant closed in late November after 35 years in business. But the Italian food isn't gone for good. *Giuliano and Antonio* reopened in the same building just after Christmas as *PIRENO'S*.

The same fire that made the wine a dining staple is now available for take out Wednesdays through Sundays from 3 to 8 p.m. Dishes such as simple balsamic-marinated salmon and chicken picatta with pasta go for \$12. Bob Neriak says to look for the menu, which also includes baked goods and a grab-and-go case with salads and soups, to expand soon.

—A.L.

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to daily sessions has had visible results, the businesswoman says, and it's helped calm her mind, reducing fat-eating stress.

Calling herself "a perpetual work in progress," Schimpff says she needs the gym like the plague. But her new shape seems to be sticking, thanks to a simple balance of calories in and calories out. During a visit to Italy's Piedmont with cheese makers last September, Schimpff says, mountains of fettuccine and wine didn't stop her from taking her ass off.

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Sensitivity Siege

How restaurants cope with the surging trend of food allergies and intolerances

BY CORIN HIRSCH

During my first year in London, a few years ago, I received an order of panini bolognese at a sandwich shop. When I asked if I might have a less starchy version, the server nodded, and my hay fever flared up so bad I had to leave. In England, I learned at that moment, you eat what you are given — no complaints, no substitutions.

I thought of that incident recently when a Portland, Ore., restaurant named On posted on Instagram a photo of its kitchen plastered with bright-yellow Post-it notes. The notes displayed the dizzying range of apparent food allergies and restrictions at the restaurant's New Year's Day table: 11, gluten allergy; 14, one vegetarian; 43, one lactose intolerance; one egg-allergic; 35, one crab allergy. And so on.

The post went viral. Restaurant staff and media outlets around the country, including a few in Vermont, shared the photo on social media. One commenter on a Huffington Post story noted, "It's out of control, at least in Portland."

According to Food Allergy Research & Education (FARE), 15 million Americans have food allergies, and the Centers for Disease Control and Prevention reports that food allergies among children increased by 50 percent between 1997 and 2011. Theories about the reasons abound, everything from environmental soap to processed food as a possible culprit. As FARE writes, "The number of people who have a food allergy is



growing, but there is no clear answer as to why."

With or without explanations, restaurants need to respond. "In the last year and a half it's really gotten bad," reports Michael Wenzel, executive chef at Prohibition Pig in Waterbury and a 20-year veteran of the restaurant bar. "And by bad, I mean it just seems like every ticket is a special order of some kind."

Wenzel says gluten-free requests are the most common, but others with restrictions run the gamut from

nut-free to those who insist they're allergic to alcohols such as garlic, scallions or onions. "Sometimes I play a game with all of the cooks that I read, and try to figure out what the real motivation behind the order is," the chef says.

Still, Wenzel and his staff work hard to please every guest. "It's not always easy. This is a really, really small and really busy kitchen. We're set up to cook our food, and anyone that's a special request, we have to try and say 'All right, how do we do that?'" Wenzel

says. "That takes extra time that slows every other ticket, which is unfortunate. But at the same time, you can't alienate people for making special requests."

And the kitchen can't always please its diners, try as it may. For instance, Prohibition Pig is not an entirely gluten-free facility and cannot — as a patron once requested — keep a separate fryer and cooking surface for gluten-free food.

Now "real" are all those reported allergies? Patty McMillan, a clinical dietitian at Fletcher Allen Health Care, confirms that her department is seeing more patients with food allergies and celiac disease, in part because, she says, "a lot more people are aware of it."

The staff occasionally helps patients determine between true allergies and intolerance. "An allergic reaction is one that is activated by the immune system and triggers things like anaphylaxis and hives," McMillan notes. "I think some people come in with a food intolerance that they think is an allergy."

The semantics and science of dietary restrictions are important to Sue Bette, the owner of Blasted Tavern and Blasted Barbque in Burlington. "It doesn't matter to us whether it's an 'allergy' or a 'preference.' It's important for us to take care of guests," she says. "If you're going to go out and spend money, you want to make sure your needs are met."

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Just the day before our conversation, Bartsch held a meeting with staff to keep them in point with special requests. "It can be viewed as a burden, or it can be viewed as taking care of people," she says. She understands the stress that alterations can put on chefs "who have put a lot of time into composing a dish and then need to deconstruct it."

Bartsch adds, "This is going to be part of the industry, and I think that's OK."

Dawn Boucher, co-owner of Boucher Family Farm in Highgate Center, is a foodie who calls herself "seriously allergic" to wheat and soy and sensitive to nightshade vegetables, which include tomatoes, potatoes, chiles, peppers and eggplant.

Once Boucher pinpointed the foods that were causing her distress — via a food diary — she started her dining out from roughly six days a week to "only once a month, if that." She also instituted a new set of guidelines: "I never eat anywhere that I haven't had a take-away meal from at least twice — it's the old 'trust no one' idea," she writes in an email.

"But really, the commitment [at a restaurant] has to be more than printed on the menu," Boucher continues. "Everyone on staff has to be on board and buy up to the declaration that you can eat to allergies."

Boucher is a fan of the gluten-free menu at Lexington's Bistro and American Flatbread in Burlington, and she frequents Uno Pizzeria & Grill, Sarbo's in Montpelier and the My-T-Flo's El diablo in St. Albans. However, she stops short of making special requests. "I consider it rude and unfairly entitled to attempt to make special requests offhand, unless I have a relationship with the owner, or have called ahead to see if they can accommodate me," Boucher writes. "I would never do that, and would confront anyone in my dinner party who would dare do so, especially on a prix-fixe menu or a birthday."

The owners of Pizzeria Venere in Burlington had guests like Boucher in mind when they planned from the start to source gluten-free flour and to bake gluten-free crusts in a separate oven. "The product is more costly, from the ingredients to the prep to the gas used that is fired up all night waiting for

a few pies," writes co-owner Leslie Wells. "But our completely gluten-free customers tell us how much they appreciate the option and the effort, so it was the right decision."

Though Prohibition Pig stops short of providing a dedicated gluten-free menu, it tries to guide special needs diners by indicating "GF" beside veggie items and "GF" beside gluten-free items on the menu. The practice is becoming more common — Crisp Bistro & Brewery in Stowe does it, too. Other establishments, such as Simon Pearce Restaurant in Quechee, focus on training staff to guide guests through menu choices.

"I've been in the restaurant business a long time, and I don't ever remember it being like this," notes Kevin Ring, the wine and beverage director at Simon Pearce. "Some people have deadly food allergies, and the staff needs to be informed."

Whenever the kitchen staff eat a new menu, Ring says, "before we even go live with it, we offer very in-depth descriptions of all ingredients, as well as making terminology to staff. They have to be very informed, because they have a bigger role than in the last few years." The restaurateur has also made a commitment to sourcing wine that is produced sustainably, using fewer pesticides or additives that may cause allergic reactions.

Wernicke has food allergies of his own, including sensitivities to a few fresh fruits and vegetables. He creates easily customizable versions of dishes, such as the chicken parmesan thickened with a rice-flour roux — "and if you order it without the ham and the biscuit [it] is gluten-free," he adds. (Wernicke sometimes tests these recipes on a coworker with celiac, whom he calls "my housewife.")

When he's besieged with special-request tickets, Wernicke wonders if "it might be my karma nature. When I was 20, I went into a little Mexican place in Raleigh [N.C.] and ordered the steak quesadilla without avocados," he recalls. "And when it came with mushrooms, I said, 'I can't eat this.' I'm allergic to mushrooms."

Was he? "No, I've never been allergic to mushrooms," Wernicke admits. "I just didn't like them at the time."

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Rhythm Nation

The speed of April's racing feet is pretty much the only thing that matches the speed of his hon. Justice of Canada's *Giants Valley*, the mind-blowing 60-second step dance was repeated in the night with Prince Galois' musical heritage as an early cue. Also a singer-songwriter, she charms those strongly rooted traditions into bluesy, country, old time melodies and originals along with upright bassist Cody Walters and guitarist Illapu Giv' n Poem that round out, the three deliver an energetic show of toe-tapping jams, including selections from their 2013 release, *Right Like Gold*.

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EASY BIRD HELP See: IWS 40-3-3 p.m.

MAGIC THE GATHERING Begins at cards, trading, and strategy. See: Bremen Library, 100 Main Street, 3-4 p.m. 57. 100% B&B. Info: 854-5204.

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fine arts

PHOTO PEARLS The director of state international Congresses, Dr. Miriam International considers the impact of global warming on the earth's art and culture, and more. Info: Burlington, 10:30 a.m. Info: 854-5204.

gathering

HOSPITAL See: IWS 40-3-3 p.m.

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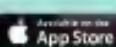
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'I Claim the Blues'

Blues man Guy Davis talks about music, acting and his formative years in Vermont

BY DAN BOLLES

Guy Davis, 68, wears a lot of hats. He is a well-regarded actor, writer, composer and tunesmith. But if me and everyone I know is honest, Davis is a bluesman.

His blues and all its myriad traditions are at the core of everything Davis does, from writing and performing his own stage plays to recording such sets of blues, or leading his most recent, *John Denver: The Stories of John Denver*, a musical memoir of Denver's early life along with bluesy and acoustic blues songs by several artists such as Blind Lemon Jefferson and the "Chippie" Hill, among others. Davis' versions of songs such as "See That My Grave Is Kept Clean" and "Some Child Being They" help to draw a line from early bluesman blues music and his own work, collectively illustrating why Davis is widely regarded as a troubadour for both blues tradition and innovation.

In addition to his show at the Taunton High Town Hall this Sunday, January 26, as part of the inspiring Mountainfolk Concert Series, Davis spoke with *DownBeat* phone, one day after he gave a concert at a North Carolina prison.

SEVEN DAYS: You have a significant connection to Vermont. You went to summer camp there, correct?

GUY DAVIS: Oh, yes. That was decades ago. A summer camp called Rillwood, I was only 12 or 13. I sang the song. I can't spell it straight out. I went there the age of 12 to 18. But that's where I learned my hands on guitar playing and blues singing, blues playing.

SD: And Pete Seeger's brother ran the camp, right?

GD: Oh, yes. Pete's brother, John. He was the head of the camp.

SD: And you have a connection to [Vermont folk singer] Rick Pakem?

GD: I've known him for years. I met him when Pete Seeger taught in 1976 in New Jersey. We were in a group together called the Sleep Slugs. From that time, I've known him mostly through Pete and through gathering that had to do with the Clearwater [Hudson River Sloop]. He had me up in Vermont a few years ago for a gig at the Champlain Valley Folk Festival. I stayed with Rick and his wife. He was very



good friends with Dick Phillips. And when he asked if I would play the folk festival, I told him yes, but that he had to pay me one dollar less than he paid Rick.

SD: You've pursued acting alongside your music career. What were some of your acting highlights?

GD: Oh, let's see. I was in a movie called *John Denver: The Movie*. And I was in the soap opera "One Life to Live."

SD: Wait ... really?

GD: [Laughs] Yes. I played a doctor.

SD: Well, of course.

GD: Most of my acting has been onstage. I've been in about 15 or 20 different theater companies. But the highlight of my acting career has to do with a play that I wrote called *The Adventures of Duke Western*. I stayed with Rick and his wife. He was very

SD: You just performed at a prison in North Carolina. How did it go?

GD: It went well. There were about 200 prisoners there from a population of about 400. It was a good thing, if only for me to be able to let them know that I was. I think they appreciated it.

SD: Why was playing a prison important to you?

GD: It's important because these people are shut away from society, regardless of what they have or have not done. There are certain things that are very human that we're trying to appeal to. I'm hoping that people can come away from my show feeling good, uplifted in some way, and feeling that whatever road to stand up in we are, they have the same resilience, spirit in them. They may have more mental skills or performing skills, but those are malleable. You can get worse, you can get less. But there is a resilience spirit that lives in all of us. And I want these folks to know that, because they might need it more than anyone.

SD: On your latest record, *John Denver, You Played Your Original Songs with Some Classic Old Bluesmen*, how did you decide which covers fit best alongside your own music?

GD: I approach the record very fluidly. I don't constrain myself. I just do what feels right. So one of those things was when I thought John might have never died as before, like "Some Cold Rainy Day" and "See That My Grave Is Kept Clean." I want the world to hear me doing those, to a degree. But usually I want enough of the quality of the song itself to run through as that sometimes might say, "Well, how does Blind Lester's 'I'm cross' sound when he sings it?" How does "Chippie" Hill sound when she sings "Some Cold Rainy Day"? So I think the piano sounds alongside my own music help people that I like the blues. I've decided I don't need to ask anyone's permission to put my songs with others, maybe even a blues song. I just keep writing.

**I'M HOPING THAT PEOPLE
COME AWAY FROM MY
SHOWS FEELING GOOD,
UPLIFTED IN SOME WAY.**

GUY DAVIS

Ref with the blues: It's the story of a blues. And he's not a porch, dancing rider or beer, telling stories, tall tales. The most significant story is how it forces home and it's a blues camp and how it changes his life. But it's such a presented in a lot of different ways—one sort, second sort, it's lovable, it's approachable, it expands and contracts

INFO

Guy Davis: Sunday, January 26, 7:30 p.m. at the Taunton High Town Hall as part of the Mountainfolk Concert Series. \$30-\$44. mtnfolk.org

WED.15

burlington area

ARTIST Hotel Quell (Liam Patis Egan) [jazz/rock] 10:30 p.m. \$15-\$20. bit.ly/1400000.

CLUB **THEATRE** Drop In with DJ (Brenton J. Gatto) [9 p.m. Fri-Sat; 10 p.m. Sun]

THE DAILY PLANET (Dante Wilson [jazz]) 8 p.m. free.

FRAMING BIZ (Karako) 10:30 p.m. free.

HAIR (Katy) (Katy) 10:30 p.m. \$15-\$20. bit.ly/1400001.

JP'S 9-11 (JP) 10 p.m. Cover \$5-\$10. bit.ly/1400002.

JUNIPER AT HOTEL NEONIGHT (Ray Vega/Guidoni) 10:30 p.m. Free.

LEMON'S RESTO & CAFE (the Lepus) 10 p.m.-11:30 p.m.

MANHATTAN PIZZA & PUB (Open Mic with Andy Lugo) 10:30 p.m. Free.

HORNBY HOUSE (Körper Joshua Davis) 10 p.m. \$10-\$15. bit.ly/1400003.

NECTAR 9 p.m. (John A. John) [contemporary rock] (Matthew Young, Mr. Higher Fiddle, Anytime Kids) 10:30 p.m. \$10-\$15. bit.ly/1400004.

ON TAP BAR & GRILL (Chris) (Dalehat) 10 p.m. \$10.

RAVEN BARS (Matt of Raven [jazz/rock]) 10 p.m. (Tom Smith/Guitar) 10:30 p.m. bit.ly/1400005.

RED SOUNDER (John Pritchett) 10 p.m. bit.ly/1400006.

SHAKIN' PANGAS (Jeff Fornica) (Rescue-Feed) 10 p.m. \$10. bit.ly/1400007.

central

BAUDITI (Paco/Baileys) 10 p.m. \$10.

GREEN MOUNTAIN INN (Open Mic with John Ladd) 10:30 p.m. \$10.

SKULLY PANGAS (The Day Seven Partnership) 10:30 p.m. (Jung & Gangnam) 10 p.m. \$10.

SWEET MELISSA'S (Vince Deen Hobbs) 10 p.m. (Jacob) 10:30 p.m. bit.ly/1400008.

THEATRE (Open Mic) 10:30 p.m. Free.

champlain coffee

CHIN (music) (John) 9 p.m. bit.ly/1400009.

CITY LIMITS (Kevorkian with Let It Rock) 10 p.m. bit.ly/1400010.

ON THE RISE BAKERY (Open Mic) (jazz) 10 p.m. bit.ly/1400011.

TIME RECORD-SETTER THEATRE (Vince/Rigby) 10 p.m. bit.ly/1400012.

northern

EEB & KELLY (Cathy Kelly/col) (jazz) 10 p.m. \$10-\$15. bit.ly/1400013.

FORBES'S PLACE (DCC) (John/Craig) 10 p.m. bit.ly/1400014.

PARADISE (Trevor) 10 p.m. Free.

PIGLANDS (Trevor) 10 p.m. Free.

regional

INDIGOOLIE (Open Mic) 8 p.m. Free.

OLIVE BISLEY (Open Mic) 8 p.m. Free.

THU.16

burlington area

CLUB **INTERMISSION** (Lyndsay Williams, painter) (John) (Dixie, Dixie) (jazz) 10 p.m. bit.ly/1400015.

THE DAILY PLANET (Troy/Greta) (jazz/rock) 10 p.m. Free.

UNH 100 (Kobert/Roncato) 10 p.m. Free.

WINDS OF E (K. Wunder) 10 p.m. Free.

WHAFLORINE (Hard & Hull Community) (jazz/rock) 10 p.m. Free.

WICKER GROUNDS SHOWCASE LOUNGE (The Attic) (music) (Thomas, John Cawley) 10 p.m. \$10 p.m. bit.ly/1400016.

MANHATTAN PIZZA & PUB (Tom Weller with Judi) (Kris & Pea Weller) 10 p.m.-mid. 11 p.m. Free.

MONKEY HOUSE (Troy) 10:30 p.m. bit.ly/1400017.

10 p.m. \$10.

NECTAR 9 p.m. (Troy/Maria with Tagliari) (jazz/rock) (Troy) 10 p.m. bit.ly/1400018.

Q BASH & FRESH PUB (JL) (Klemes) 10 p.m. bit.ly/1400019.

THEATRE (Kris & Maria) 10 p.m.

PIZZA BARBIO (Julia/Andrea/Carlo) (jazz) 10 p.m. bit.ly/1400020.

PIZZO RIAN (Gabe Slepak & Friends) 10 p.m. bit.ly/1400021.

10:30 p.m. (John, Kristin, John, Kristin, Kristin) 10 p.m. bit.ly/1400022.

REED GUARAS (Bob Reeder) and the Lure 10:30 p.m. bit.ly/1400023.

REED-THOMAS BAKERY (Bob Reed/Brian Thomas) 10 p.m. Free.

SHAKIN' PANGAS (Troy/House) (jazz/rock) 10 p.m. bit.ly/1400024.

10:30 p.m. Free.

SHANE'S (John) 10 p.m. bit.ly/1400025.

THEATRE (Kris & Pea Weller) 10 p.m. bit.ly/1400026.

WICKER GROUNDS (The Attic) 10 p.m. bit.ly/1400027.

WICKER GROUNDS SHOWCASE LOUNGE (The Attic) 10 p.m. bit.ly/1400028.

WICKER GROUNDS (The Attic) 10 p.m. bit.ly/1400029.

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WICKER GROUNDS (The Attic) 10 p.m. [bit.ly/1400118</](http://bit.ly/1400118)

soundbites

CONTINUED FROM PAGE 58



Tim Armstrong

There's actually no joke here. We should make that last one happen.

Bite Torrent

In case you couldn't tell from the previous 900-wordish, er, creative writing, it's a slow week on the local music front. It's just that none of your but a few notable happenings this week bear mentioning...

First up, this Friday, January 17, we have the debut of a new open-micish series in the basement of the Goddard College library dubbed WordCraft. The house band of course, the maniacal festivars, feature a mix of spoken word, poetry and hip-hop, including a freestyle cypher. The series will take place on the third Friday of each month and will change venues each time. The inaugural edition will be broadcast on Goddard's WGD8 radio station.

Moving on, **MARSH OAKY (EX: CHAMBERLAIN)** has a new musical alter ego he's calling **PLATO GAMES**. In a recent email, Troy writes that his latest venture fuses classic soul samples with danceable electro beats, while taking cues from the likes of **JAY-Z**, **THE STROKES**, **INDIE-ROCK**, **IRON MAIDEN** and **NAKEDO**. In other words, every big sound that's ever been hip.

Perusing **PTV's** local-headline page bears out that notion. If **JUSTIN TURIN** got together with **THE VAMPIRES** to make

of Ted Square, a small statue of two taxicabs is covered with a plaque that reads "In Memory of DJ AdDog." Amazingly, as one taxicab sits at River



Photo: Dan

some PBRish slow-jam, it might sound something like **Plato's "Color"**, for example. You can catch Plato Games at **Neuter's** every Monday this month, and at **ArtBar** on **Wednesday, January 25**, with **MINER** and **WHITE LOW**.

But not least, known has had a notable live run since the **Busty Nod** shut its doors about a year ago — which may or may not have had something to do with a rather notorious incident involving local punk band **ANNE**, **whistling**, violence and **whore**. After consulting with the TD legal team, let's just say "not."

Anyways, recently a new **Busty Nod** Facebook profile appeared, teasing followers with possible music acts they'd like to see, names that rang from locals such as **THE FARMERS HAMPS** to rapsters such as **MOE BAR**. That raises the obvious question: Is the **Busty Nod** re-opening?

As reported in that week's **Free Press**, **News** by **CHRIS HODSON**, the answer is **no** (See page 42). The **Busty Nod** is scheduled to open again under new ownership by **President's Day** weekend. And yes, the owners plan to have a healthy live music schedule, though whether the **Mighty Moes** will be gracing VT stages to be seen. However, he is right with **DEATH** and **ROBSON FRANCIS**, so you never know.

In the meantime, **Busty Nod** dudes, it do have **Spit Jackie** number if you need it. ☺



WEDNESDAY 1/15
JOSH PANEWS' ACOUSTIC SOUL
NIGHT 8PM (BUR.)
JAY EGGS (PM) (MORN.)

THURSDAY 1/16
TOWN MOUNTAIN 8PM (BUR.)
"HARD DRIVIN' NORTH
CAROLINA (BLUES/GRASS)"
\$16 ONLINE, \$14 AT THE DOOR

FRIDAY 1/17
JOSH BROOKS 8PM (BUR.)

SUNDAY 1/19
BLUEGRASS BRUNCH & SCRAMBLED
1PM-4PM • EVERY SUNDAY (BUR.)
CHEN IMPROV COMEDY JAM
7PM • EVERY SUNDAY (BUR.)
KAREN KRAJACIC 8PM (MORN.)

MONDAY 1/20
KIDZ MUSIC WITH RAPHAELI
1PM • EVERY MONDAY (BUR.)

Full calendar of skinnyspancake.com

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69 Main Street, Montpelier \$12 (CINE)
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NOVEMBER 2014

11

MOVIES

REVIEW

WE art VERMONT

Plan your ad adventures with the Seven Days Friday email bulletin including

- Headlines and events
- Nicely picks for exhibits
- "Movies You May Not" by Margaret Hartley
- News, profiles and reviews

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music



Kind of Blue

While North Carolina's **TOBIN HORNIGRASS** are most readily classified as a bluegrass band, the quartet reflects a broad spectrum of grassy shades, blue and beyond. The band's 2012 album, *Leave the Bottle*, featured a smorgasbord of swing-band styles, from hopped-up honky-tonk to whirling Celtic reels to gospo, John Hartford-inspired folk balladry. Catch them at the Skinny Pancake in Burlington this Thursday, January 9.

7:30 p.m. \$10-\$15

Performance

THE BRENDA'S *The Brenda* (Jazz) 10 p.m. Free

WINTERFOLIE CONCERTS *Carly Prissack* (Jazz) 10 p.m. \$10

THURST *The New Thurstons* with DJ MINT (Pop) 10 p.m. \$10-\$15

CHARLIE B. *Surfing the Waves* (Covered) 8 p.m. \$10-\$15

EXPERIMENTAL MUSIC *Elminster* (Post-Punk) 9 p.m. \$10

INNATE *Surf* (Indie) 9 p.m. \$10

SKINNY PANCAKE *Sherry and Kippie* (Jazz) 10:30 p.m. \$10

BUCKLEHOUSE *BBQ* (Cajun) 10 p.m. \$10-\$15

BUDDYHAT BAR *Sammy Jonathan* (Jazz) 10 p.m. \$10

GRABBY GRAB *Sammy Jonathan* (Jazz) 10 p.m. \$10

champagne in coffee

CHAMPAGNE *Alpine (Funk and Groove)* 9 p.m. \$10

CITY LIMITS *City Lim* (Country Party) with *Logik Entertainment* (Pop) 10 p.m. \$10

ON THE BEAT BREAK *Breakfast* (Rock) 10:30 p.m. \$10

PIRATE *Shane* (Rock)

PIRE'S KINGS *The Pire's Kings* (Rock) 10:30 p.m. \$10

PIZZA FESTIVAL *Wolfsblood* (Rock) 10 p.m. \$10

PIZZA REPLACE *Wolfsblood* (Rock) 10 p.m. \$10

PIZZA TUESDAY *Wolfsblood* (Rock) 10 p.m. \$10

PLUCKER THE CO. *Code Assistant Sessions* 10 p.m. \$10

PIZZA WEDNESDAY *Wolfsblood* (Rock) 10 p.m. \$10

</div

REVIEW *this*



Pete Sutherland with the Young Tradition Vermont Singers, *Farmland: The School Songs Project*

[DIRECT RECORDINGS CD]

After more than four decades spent making music with everyone from the Arm and Hammer String Band to the Clapton iteration, Vermont folk musician Pete Sutherland has given us about a \$5 musical primer on his new CD, *Farmland: The School Songs Project*. In addition to playing and producing acoustic music, him and you, he has dedicated many fruitful hours teaching songwriting workshops and making folk music more accessible for youngsters. Collaborating with the Young Tradition Vermont Singers, Sutherland has distilled his intent for writing catchy songs about Vermont and his guitars for inspiring young musicians into a collection of 12 originals. They could provide the core of outstanding elementary school music classes.¹⁰

There would be a lot to learn in these classes. Who knew that Rutland — Sutherland's hometown — had a thriving industry in the mid-19th century of mining kaolin, aka china clay, a fine-grained white clay used for everything from whitening paper to formalizing Kupeats? Or that Washington, VT — just south of Burke on Route 100 — was visited by a tornado in May 2009? Or that Richard Gere, a relative of one of the kids in a Sutherland songwriting class, was invited

from going over Niagara Falls when his wedding ring miraculously caught on a nail?

A world of interesting and fun facts leap toward the songs on this collection, infused with the wonder and exuberance of the kids who worked with Sutherland to make them.

The cherry on top of this musical sundae would be the CD's title track and "Peppe's Land," two songs that glorify and celebrate the diminishing population of farmers and others in rural Vermont. "The songs are poignant, geared with Sutherland's吟唱 (yodel) accompaniment on guitar, banjo or mandolin and the kids singing along on some of the refrains. This lovely collection is already a showstopper for my vote as one of the very best Vermont recordings of 2014.

Pete Sutherland and members of Young Tradition Vermont will perform at All Souls Interfaith Gathering in Shelburne on Saturday, January 16. All proceeds from the sale of *Farmland* will go toward the costs of the group's music-oriented trip to Northumberland later this year.

ROBERT REINIK

Matteo Palmer, *Out of Nothing*

[SELF-RELEASED CD DIRECTLYONRECORD]

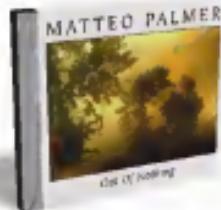
You could be forgiven if you've never heard of Eggerstyle guitarist Matteo Palmer. Outside of his classmates at Vergennes Union High School, few here, well, aside from WIE Ackerman, that is.

As former co-founder of Windham Hill Records, ethereal known as the most chill central new-age record label in the planet. When he was VUHS sophomore, Palmer, now 33, went head-to-toe Ackerman, who lives in Danversport, about playing a concert. Palmer was coordinating a benefit at the Vermont Open House. Ackerman agreed to play. At the show, he heard Palmer perform for the first time and presumably had the same reaction that anyone will who hears to the lad's recently released debut album, *Out of Nothing*. To paraphrase, holy shit.

The next day, Ackerman approached Palmer about mentoring the teenager through the recording process. As something of a guru in acoustic and new-age circles, Ackerman is constantly approached by musicians seeking his guidance. See him to seek out

Palmer speaks volumes about the young musician's talent. And the album says everything else.

Through 50 minutes and 11 masterfully crafted instrumental compositions, Palmer's near virtuosic skill is on display. If you can find a sour note, a clean or if it is, you have better ears than mine — or Ackerman's.



IF YOU'RE AN INDEPENDENT, SUPPORT YOUR LOCAL RECORD STORES! BUY IT AT DIRECTLYONRECORD.COM
OR BULLDOZERRECORDS.COM, 1234 1/2 CHAMBERS ST STE 100, NEW YORK, NY 10007

MATTEO PALMER
"OUT OF NOTHING"

MATTEO PALMER

VUHS 10/12

BULLDOZER

10/12

Palmer plays with equal measures of eloquence and energy, delivering fluid melody lines and harrowing, rich, percussive phrases that are stunning on a technical level.

But so easily can he turn over soundscapes, sometimes. To that point, when most remarkable about Matteo Palmer is his sonority. Whether a result of Ackerman's teaching or his own mastery, Palmer performs with a sense of bountiful soul given that might the envy of many players two and three times his age. He is delicate and precise, his tone pure and beautiful. Every note he plays, every tap of the fret board, every bend of a string, every ringing harmonic, is employed only as a service to his ethereal and evocative compositions. The result is a rich treasury of sound that's both soothing and thrilling, and an album that guides the arrival of a brilliant young Vermont talent.

Out of Nothing by Matteo Palmer is available at BULLDOZERRECORDS.COM and DIRECTLYONRECORD.COM on Friday, January 17.

GAR ROLLES

Built to Thrill

"Observing Vermont Architecture," Middlebury College Museum of Art

Say the words "Vermont" and "architecture" together, and the image of a barn — say, Woodstock's iconic barn — may spring to mind. But what about the Coast Street School in Brattleboro, an elegant because arts were free 1882 by McKim, Mead & White, who would complete their masterpiece, Manhattan's old Penn Station, 18 years later? Or House 11 on Honduras (1979) one of Peter Eisenman's first attempts at an building's architectural discourse, the 1970s?

Vermont is home to fine buildings of every major American style and era, and that is one of the pleasing insights of "Observing Vermont Architecture," currently on view at Middlebury College Museum of Art. The modestly scaled exhibit includes 20 framed black-and-white photos (only three feature barns) and a digital slideshow of 100 more notable examples of architecture around the state.

"The place is a real revelation if you look at it closely," said Solariyah (as does Glass) Andrus, the measured but enthused lines over eight exhibits from a Midd professor of the history of art and architecture. Andrus and his longtime collaborator, California-based photogapher Curtis B. Johnson, jointly created the exhibit.

The show is a step selection from a book project, Andrus and Johnson have been working on for 20 years: "Buildings of Vermont." The groundbreaking tome, detailing the significance of 600 photographic examples of buildings from statewide, is forthcoming from the University of Virginia Press as part of the *Buildings of the United States* series.

Both men have deep knowledge of local and general architectural history. Johnson, now a full-time photographer, was an historical lecturer at the Vermont Division for Historic Preservation from 2002 to 2005, during which time he edited books on the historic architecture of Addison and Rutland counties. Andrus has served since 1988 as the Vermont Advisory Council on Historic Preservation — the government-appointed body that recommends properties for the National Register of Historic Places.



Abey: Coast Street School
of McKim, Mead & White

At left: Coast Street
Brattleboro

Photos by Curtis B. Johnson

Johnson and Andrus probably know more about Vermont's built heritage than anyone. They started with the 40,000 odd structures listed on the state and federal

American Register, selected 900 through 1995

among calling profes-

sion, then were forced to cut that number by nearly a third when UV took over the task from Oaked University press and introduced a new format. The 6,000 chose were required to cover "every period and genre and every part of the state," Andrus said.

For the for smaller exhibit, the men followed much the same method. A large, centrally mounted map of the state is overlaid with each building's location showing a fairly even distribution of out tabs. The framed photos are arranged in roughly chronological groupings of two or three buildings. These begin with St. John's, an unusually well-preserved meetinghouse, built between 1767 and 1805 by John Parker, and end with Bennington College's Caesar Library, an International Style award winner from 1958 designed by Pierre Bellanchi, then dean of the Massachusetts Institute of Technology.

Some of the selections are remarkable, such as Amos B. Young's 1818 classical residence in Montpelier and the 1885 Renaissance gun that is Harry Richardson's Bellagio Library at the University of Vermont — two buildings widely viewed as the state's most significant. Another noteworthy inclusion is "Ses" (or) Town House, a white spired boneyard completed in 1801 whose very presence makes it worthwhile to know Vermont.

The loosely slotted, with non chronological categories such as "survived and one-of-a-kind buildings" and "landmarks," does hold surprises. One such parts estate factor's former lodges (1897) now serves as the faculty at Rockingham, designed by Joseph Conforti of the sustainability-oriented firm Line Six Architects in Wilmington.

In the exhibit's opening day, Johnson explained his methodology. Andrus (far left) photogaphy is an art in itself, and his crisp, cloudy cropped shot are

CENTRAL VERMONT 90 (201)

HEALING ARTS AND WOMEN'S ARTIST The meeting suggested a gathering to remember others who have suffered from breast cancer. The participants, Jenny Laramore, Lauren Miller, Tracy Annest, and Anne Amato, wrote, drew, made art and wrote poetry at the meeting. The group will meet again at the Shelburne Library in South Royalton, Vt., 8 a.m.-2 p.m., Saturday, Feb. 14. For more information, call 802-868-2254.

THREE DAY REVIEW Small works by artist members in a variety of media are on exhibit. Through January 30 at Tina Weller Photo Art Studio in White River Junction, Vt., 9 a.m.-2 p.m. 800-3807.

WALKABOUT THIS TIME OF THE SEASONS Compiling photographs from nature with very different scenes from 1982 until 1996, the Landscape Photo Project at the University of Vermont produced this book, which also includes a CD of the images. The book is \$25. The book and CD are available at the Vermont Folklife Center, 100 University Heights, Burlington, Vt., through April 26; at Vermont History Museum in Montpelier, Vt., 8 a.m.-4 p.m. 479-5800.

JAZZ BAND, WORKERS' UNION The annual including members of those that have worked for Pittsfield Southern Lanes, McPherson, Jessica Morris, Kristen Mayring, and others, will be held Saturday, Feb. 14, at the Pittsfield Union Station in Pittsfield, Vt., 10 a.m.-1 p.m. 802-434-5244.

JANET WALKER For her most recent exhibition, the 18-year-old turned to the artist and author of a crime caper book about first in finance. Through January 21 at Contemporary Books & Fitness Studio in Montpelier, Vt., 9 a.m.-10 p.m.

JOHN HOFFMANN Gilded watercolor impressions on panel explore sites and landscapes of birds "through the eyes of Ward Chandler," in his Randolph, Vt., studio. 225-5828.

ELAINE REEVES My Winter World, impressionistic landscapes, are on exhibit at the artist's studio in a former 19th-century barn. Northern New Hampshire's creating sensibility and Northern New Hampshire's creating sensibility and frost environments. Through February 12 at Hanover Williams Public Library in PROCTOR, Vt., 9 a.m.-4 p.m.

JOSEY KENNEDY Telling Stories, a collection of watercolor images by the Randolph-based painter, captures and self-illustrated "bedroom" stories of childhood. Through January 23 through February 14, at the 1870 Fine Arts Center, Green Mountain College, in Poultney, Vt., 207-3328.

SHARRED LANDSCAPE Jim West and Tom Kiviat exhibit photojournal and multimedia landscapes through January 23 at Green Book Art Gallery at Capital One Apartments in Montpelier, Vt., 802-259-0000; capitalone.com.



Joan Hoffmann

South Royalton artist Joan Hoffmann's characteristically impressionistic, color-variegated oil and watercolor "adventure paintings" of birds and open landscapes seem to draw equally from her background in bold Anna brushwork and her enthusiasm for painting on plaster. "I am strongly connected to the landscape by painting, searching and preserving the wild places I explore," the painter and educator writes on her website. The Chandler Downtown Gallery in Randolph is exhibiting a collection of Hoffmann's paintings through February 18 and will hold a reception on February 8. Hoffmann, who has taught painting classes around the country, will give an informal lecture on the history of American landscape painting, *Painted Landscapes: Covered Bridges*.



John Bisbee: New Blooms

On view January 18 - May 26

New work by John Bisbee. The Maine sculptor transforms everyday materials into works of art by melt-pulling individual spikes and welding them for the finished form. Reception with the artist, Friday, Jan. 17, 7-9 p.m., Pizzagalli Center for Art and Education.

New Blooms grants possible by a gift from
Birken and Franklin Families.

ARTISTS' COOPERATIVE OF VERMONT



SHELBURNE
MUSEUM

Four Shelburne Road, Shelburne, Vermont



Abbie Bowker If the past few weeks' ice and snow dampened your affection for Vermont's winter landscape, a trip to see *Abbie Bowker's* original prints at the Stowfull Library in Essex Junction might be the right antidote. Inspired by the Robert Louis Stevenson poem of the same name ("Blade is my name an' silver and/ Thrill blows my frosty breath abroad!/ And tree and house, and hill and lake,/ Are frosted like a wedding cake"), the exhibit "Winter-Time" features new and old full-season prints from the local artist, whose Vermont roots provide the muse for a sensible body of landscape work. Though all that frost and silver sad could feel like overkill in mid-January, Bowker's mely textured prints and fine eye for detail might inspire gallerygoers to look around with new eyes. "Winter-Time" is on view through January 29. Pictured: "Abbie's Trees."

REOPENED

JAMES DE RABAUDIER A popular concert of contemporary paintings by the French American painter at the Thorne-McCormick Art Foundation Museum in White River Junction. Info: 802-258-0000.

EXPLORER IN VENICE: ART AND MUSIC FROM THE SEAGULL EXHIBITS MARSIGLIO IN VENICE An exhibit featuring over 100 paintings, prints and drawings from historical instruments and contemporary art and texts. Including the first edition of *1000 hours* (written by Verdi). Through January 26 at the Museum of Fine Arts, info: 802-860-2800.

WILBUR GALLERIES Work by several students in ceramics, ceramics, graphic design, painting, photography, printmaking and sculpture. Through January 26 at the Vermont State Art Museum. Info: 802-860-2434. □

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DIRECTOR LUCASFILM BANKS

NEW IN THEATERS

THE HEAT (PG-13) Gwyneth Paltrow plays a sensible, no-nonsense federal agent who's assigned to partner with a hot-headed, gun-totin' sexpot (Jennifer Lopez) on a mission to stop a terrorist plot. (103 mins.) PG-13. Directed by Anna Farrow. (Paramount Pictures)

THE HANGOVER (R) Christopher Meloni, Ed Helms, Robert De Niro, Zach Galifianakis, and Bradley Cooper star in a raunchy, raunchy comedy of a group of friends who wake up after a wild night in Las Vegas and have no memory of how they got there. (103 mins.) R. Directed by Todd Phillips. (Warner Bros. Pictures)

THE MIST (PG-13) Will Arnett supplies the voice of a curious little kid as he and his family are stranded in the Appalachian mountains after a mysterious, misty cloud descends. (96 mins.) PG-13. Directed by Frank Darabont. (Columbia TriStar Film Entertainment)

THE MISTRESS (R) In the title, an 80-year-old widow (Shirley MacLaine) falls in love with a younger man (John Cusack) who's been widowed since his wife died. (103 mins.) R. Directed by Michael Caton-Jones. (Miramax)

THE NEW YORK STORY (PG-13) Meryl Streep and Julia Roberts star in a sweet, sentimental comedy about two women who are estranged after a 20-year friendship. (103 mins.) PG-13. Directed by Nora Ephron. (Miramax)

NOW PLAYING

AMERICAN HONEY (R) In the title, an 18-year-old (Kaitlyn Dever) falls in love with a private detective (Timothée Chalamet) who's been working undercover to bring down a powerful drug lord. (103 mins.) R. Directed by Lynne Ramsay. (A24)

THE RATING ★★★½ (out of 5 stars)
 ★★★½ = receives high praise; (red text) = will;
 ★★★ = has its moments; — = as is;
 ★★★★ = smarter than the average bear;
 ★★★★★ = is good as it gets.

ANARCHIST (THE LEAGUE CONTINUES) (R) Bill Hader plays a man who's been brainwashed by his family members and is struggling to adjust to the free world of an hour news. Adam McKay's political satire is a sharp comedy and a scathing satire. Directed by Christian Pizzicato and executive produced by Judd Apatow. (93 mins.) PG-13.

ARMED & DANGEROUS (R) Tracy Letts' political satirist about a dysfunctional Colorado family dealing with a newly-hired hitman. Meryl Streep plays the matriarch. Julia Roberts stars as the mother of the hitman. (93 mins.) PG-13. Directed by John Wells. (Miramax)

THE BROKEN CIRCLE BREAKDOWN (R) Judith Ivey plays a divorcee who's the Oscar short list, a once-carefree couple struggling with their young daughter's gender. (93 mins.) John Heale (French) and Sophie Fiennes (British) star. (93 mins.) PG-13. Directed by John Schlesinger. (Miramax)

DESPERATE HOUSEWIVES (TV) Linda Emond, an unemployed housewife, is the latest in a spate of new TV series to follow the lives of women who have lost their husbands. (10 mins.) Wednesdays at 10/9c. (ABC Family)

DESPERATE HOUSEWIVES (BOOK) In this new fiction book, written by creator Fisher Stevens (before she was Linda Emond's boss), Linda's ex-husband Tom (Jeffrey Dean Morgan) has moved on to a new life, leaving Linda behind. (100 mins.) Wednesdays at 10/9c. (ABC Family)

THE DISNEY YACHT CLUBATION BY SMAUG (R) Jim Carrey is finally in the mix of this *Aladdin* (2014) copycat adventure. "Smaug" (voiced by James Marsters) is a giant, fire-breathing dragon who's been forced to leave his home because his people are constantly attacking his kingdom. (90 mins.) PG-13. Directed by Mike Judge. (Paramount)

THE HANGOVER PART III (R) In the second film, directed by Shawn Levy, the guys fall into a trap in Mexico. (103 mins.) PG-13. Directed by Shawn Levy. (Columbia TriStar Film Entertainment)

THE KILLER LAMELLA (CANNING FISH) (R) In the second film, directed by Shawn Levy, the guys fall into a trap in Mexico. (103 mins.) PG-13. Directed by Shawn Levy. (Columbia TriStar Film Entertainment)

THE LADY IN THE VAN (R) In the second film, directed by Shawn Levy. (Columbia TriStar Film Entertainment)

THE LEAGUE (THE LEAGUE) (R) In the second film, directed by Shawn Levy. (Columbia TriStar Film Entertainment)

THE MISTRESS (R) In the title, an 80-year-old widow (Shirley MacLaine) falls in love with a younger man (John Cusack) who's been widowed since his wife died. (103 mins.) R. Directed by Nora Ephron. (Miramax)

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Office Space

The 1999 film by Mike Judge

THURSDAY, JANUARY 23

6:00 Pre-Film Discussion
8:45 Film Screening

UVU'S BILLINGS LECTURE HALL

The 2014 UVU Film Series explores the idea of labor through an office comedy (Office Space), a quirky documentary (Meet, Cheap & Out of Control) and consciousness-raising political films (Call of the Corks and The Rent). Join fellow film-lovers for screenings and stimulating discussions throughout the year.



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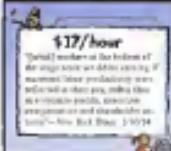
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First Things First

A Pakistan International Airlines flight was preparing for an 11-hour flight from the Lahore airport to New York City when the pilot learned that the airline's cost-cutting policy limited the in-flight menu to pretzels, chips and cookies. He demanded "sandwiches at any cost," even though the catering department informed him they had to come from a five-star hotel in town and that getting them would take more than two hours. The pilot insisted. The sandwiches finally arrived, and the flight took off two and a half hours late. PIA official Masood Ali Taseer said the airline could avoid the delay "without" an in-flight meal and intended taking action "against" those responsible for it. (ABC News)

Slightest Preventions

Isabel Ann Williams, 44, stabbed a man with a ceramic spoon when he returned home without her because the store was closed, according to sheriff's deputies in North Charleston, S.C. (Associated Press)

Police arrested Diane Allen, 44, for assaulting her neighbor during an argument over a doormat at their apartment complex in Des Moines, Iowa. The victim and the doormat belongs to her, but Allen kept swinging it to her own door. (Iowa Monitor Register)

Anti-Flotation Device

A new invention built for the Spanish navy turned out to be too heavy and sank when launched. Officials said that the 231-foot *Isaac Peral*, costing 1.9 billion pounds, was at least 75 tons overweight. Officials indicated that correcting the problem would take two years. (London's *Sunday Telegraph*)

SEATTLE POLICE ARRESTED DHELL COLEMAN FOR having sex with a sandwich-shop window.

Speak English

During a presentation about proposed traffic improvements in Albuquerque, N.M., project lead engineer Jim Homan was discussing building a traffic circle when he referred to the "quartz" of cars that would form waiting to enter the circle. "This is America," a woman in the audience yelled. "We don't say 'quartz' in America. We say 'cars.' We stand in line, we wait in line. We do not queue." Presenters subsequently abandoned the word "queue" for the remainder of the meeting, although no one objected to repeated use of the British term "queuebust" (Albuquerque Journal).

Next Step: Uniforms

After receiving 100,000 e-mails against the Dutch nonprofit Mars One advanced toward its goal of sending 40 volunteers on a one-way trip to the Red Planet in 2028 by narrowing the field of applicants to 1,000. The initial cut separated "those who we feel are physically and mentally adept to become human ambassadors on Mars from those who are obviously taking the mission with much less seriousness." Mars One cofounder Bas Lansdorp said, including "a couple of applicants" whose videos showed them in the nude. (ABC News)

Solution Begets New Problem

E-cigarettes are causing flat tires because smokers are throwing spent nicotine cartridges out their windows as they were cigarette butts. "We have seen usually one or two a week puncturing the tire," said Tony Ewald, manager of Bell Tire in Bay City, Mich. "They've made out of metal, so when they slash a tire, they usually have a pretty big gash in it." Ewald pointed out that the puncture usually is too big to repair, requiring victims of e-cigarette cartridges to buy new tires. (Sports WXYZ-TV)

We Have a Wiener

Police arrested Debra Waters after she ran through a bingo hall in Louisville, Ky., with her pants down pulling "Bingo." Officers noted that Waters appeared intoxicated but didn't con-

firm whether he actually had a *Bingo*. (World Press International)

Transparent Relationship

Seattle police arrested Lyndell Coleman, 38, for having sex in a sandwich shop window. According to charging papers, which reported the accounts of two women witnesses, after dropping his pants and pushing himself against the cold glass at Sub Shop, "Coleman was observed making sexual contact on the glass window that were described as 'kissing' and rubbing his penis against the window." (Seattle)

Suspicion Confirmed

Researchers who examined 18 studies of links between sugar-sweetened soft drinks and obesity found that 10 of the 12 studies claiming no connection to the soft drink industry concluded that sugar drinks were associated with obesity and weight gain. Five of the six that reported receiving funding from Coca-Cola, PepsiCo and the American Beverage Association concluded there was insufficient evidence for a conclusion. "I wouldn't say that industry participation alone is enough to dismiss the study's results in the whole of nutrition research," lead author Marcia Bia Bia-Ribeiro of Spain's University of Navarra said. "But," (USA Today) via the New York Times

BLISS by Harry Bliss**tEDr All**

MARCH 31, 2004 FALLUJAH, IRAQ

WE'RE ABOUT TO BE AMBUSHED, SHOT AND BURNED - THEN HUNG FROM A BRIDGE. THEY'LL AVENGE US BY SHOOTING UP THE CITY. THEN, 10 YEARS FROM NOW, AL QAEDA WILL BE IN CHARGE AGAIN.

WAR IS SOOO MEANINGFUL.

EVERYONE SHOULD ENLIST!



don't look at me, you're the one who brought him in the newspaper.

RED MEAT

discomfort food

From the newest comic of
MAX CANNON

Okay, I'll play that's enough fun in the park for one day. Why don't you go and review our Friday before next week?

Hi there, Max. It's not a problem, Max — it's an old school, you know. You don't want to play for a real Probie.

Max took her finger position. That old mentor might only be one-dimensional, but we'd break out like any others.



ELF CAT

A COMIC STRIP BY
JAMES KOCHALKA

(CHOCOLATE UNIVERSE OF HERMIE)

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BRRR! IT'S
SO COLD,
SAI ELF CAT!

Grand



HEART & SOY



THE NEST



THIS MODERN WORLD

by TOM TOMORROW

BILLIE JEAN, REPUBLICAN CHURCH
VOLUNTEER, PAYING BAPTIST

WHERE I WAS VOLUNTEER, I USED
TO SELL A LITTLE REEDER...



BUT I MADE OUT OF STREET
AND HOME, I FOUND THE WHOLE
REEDER NARROW, BUTTERFLY-LIKE.

WHICH IS HOW I BEGAN
UNIVERSALISATION.



NAME, BUT THIS LONG DELIVERY
ISN'T-WEAK, INDEPENDENTLY
IMPACT WIDENERS AND THE PAPER-

WIDENERS, AND THE PAPER-



—BET SYLVIA, WHICH LEGISLURE
NEED HAVING A BAGEL BREAK
WHICH IS TO SAY, I DON'T KNOW
TO BE THE MIGHT OF PERSON, WHAT
WE WANT TO BET?

AND DON'T THEY WHAT'S REALLY
MANUFACTURE?



UN-NAME, REEDER THE THINNING
THE MIGHT, SAYS SIR,

I DON'T HAVE ONE EXPERT



AND UN-
MANUFACTURE,

THE END?

ILLUSTRATION BY TOM TOMORROW



Capricorn

(Dec. 22-Jan. 19)

Metaphorically speaking, you have recently come into possession of some new seeds. They are robust. They are hardy. They have the potential to grow into big, strong blooms. So when should you plant them, metaphorically speaking? I'm going to suggest that you wait a while longer. It wouldn't be bad for them if you sowed them right now, but I think their long-term vitality will be even greater if you postpone the planting for at least a week. Two weeks might be better. Trust my intuition.

ARIES (March 21-April 19) Whose enemy are you? Are you impulsive or a bit stubborn or does it seem personal? Answer according to your own heart. Most important, however, is trying to use your plugging into the world heartily. It is to you that I want to talk you out of. Continue to enjoy the benefits of being somewhat obstinate but in the other areas you get little more out of this negative trait than it has provided you in its positive. You never seem to realize that being an intelligent.

TAURUS (April 20-May 20) You Tauruses are unusually more generous than the rest of us. But this week, I'm wondering if you will

be compelled to escape the bonds of giving and mean yourself the cut of a rug. I suspect that you're not at least well taken when being toasty into the wild blue yonder. When you're sleeping, you may float weightlessly in an implanting spaciousness. You come into life and have some time to let a futuristic jet pack on your back and zip through the sky until across the Springs Plains in a hot air balloon or have sprawled on a cloud with a friend, a lollipop candy and sponge cake and mint tea. Would you consider bringing the kind of fun into your writing this?

GEMINI (May 21-June 20) What part of you is the life and soul you want to isolate? I suspect it is in a situation that's overly intense and dramatic, and you wish you could distance it by a certain amount. Is that appropriate? Are you a general that has become catastrophized, and you'd love to find a way to make it more spacious and relaxed? If you've caused yourself to feel that you are at fault, then you'll need to have a date with the stage you're in. Open what has been closed, and expand what has been narrow. Be alert to the reality of your growth in an atmosphere that you use.

CANCER (June 21-July 20) In her poem "Cast in Clay" the novelist says she depicts the "dove" don't ever tell anybody anything." On the other hand, "Tell everyone everything," with the right approach, either when saying "Awwww, train your adolescent dreams." Because, if that's what you're trying to do, then you're not doing it right. You simply do what you do in the way that the other person can fully capture the power that comes from being naive, we keep going, thinking about your real training or that you've been greater. However, don't mix going out your power by carrying on all your thoughts. I suggest you take a mobile phone. Tell the vivid truth but carefully and incrementally.

LEO (July 23-Aug. 22) If it's a substance that's been learned, it's not learned again. There's no immediate stuff to add to a top. That's simpler physics. Now as for the question at whether a person can be learned more than once — we're speaking metaphorically here — the answer is, unfortunately, yes. Some folks don't remember their mistakes and don't

have enough emotional intelligence to avoid the bullies and manipulators who burn them again in the future. But I'm confident that you won't in this type. Leo, at least in your world, you won't be in the evening days. You may have been learned before but you won't be learned again.

VIRGO (Aug. 23-Sept. 22) "People who can't take risks generally never do big mistakes," a person once said. Peter Drucker, the management guru, added, "The most important fact for a manager is a 'no' in general." I agree with that assessment, but, I think it needs to be altered for your situation in the coming months. Review the acquisition version of the formula. When you can take risks in 2012 will it make its marriage of 21 big mistakes? Virgin, who is too nice in 2012 will make an excellent big, bold mistake.

LIBRA (Sept. 23-Oct. 22) You know what the greatest tragedy is in the whole world? It's not that you're very picky. It's that the people who never find out what it is they really want to do or what they're really meant to do. It's not the people who never get to know what it is that they can really do. If this description applies to you, even a little, then you will not completely see what you're good at and what you want to do — the evening message will tell you to do the following: Start now! Start your year mindfully. The possibility that you don't know yourself as well as you possibly could. Take responsibility. And, if other people you trust to tell you what they think about your special aptitudes and unique qualities. And do one more thing to really honest with yourself about what you do.

SCORPIO (Oct. 23-Nov. 21) In his book *Transformation*, Dennisoidi says for the Human Condition Ben Schatz claims up to now compounds become useful as we in English. Here are those that would serve you well in the coming week. *Hypnotizantane*, meaning "hypnotic dance." Schatz says it refers to "ting tangles all within." *Regime's revising*! His exorcism: "transforming a brood, baptism in memory" — eradicating, removing a malignant idea in one's unconscious, purifying a point, identifying an object by touch alone, wiping something off a high shelf, both literally and metaphorically speaking.

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Scorpio, you soon have an abundance of this capacity. Everything about you is more ripe, well-entitled and tender than usual. You'll be a natural caring participant.

SAGITTARIUS (Nov. 22-Dec. 21) The two elements that comprise cocaine are the element in those that make up TAT (coffee and sugar), hydrogen, carbon, nitrogen and oxygen. The combination of these elements is cocaine. But the point, for participants, is that the same can result in such different results. I mean a cocaine derivative combining in your own life. *Sophomore*. From you emanate the ingredients you currently have at your disposal could produce either in rough red light or bright yellow (a) a dissolved status quo or a useful resource. Which will it be?

AQUARIUS (Jan. 20-Feb. 18) The French artist Jean Tytus (1865-1945) was interested in the innovative medium of painting. He signed many of his works not just with his name but also with his motto: *As I like it*. His academic transcipt is "The best I can do." What he meant was that he had pushed his talents and talents to the limit, and then stepped and took credit for what he had given all he could. I encourage you to have a similar attitude as you step up the projects you're currently involved in. *Aquarius*, however, in your position and intercession in you create the most extreme outcome possible, but, who knew when it was a good, honest try hard, just try hard.

PISCES (Feb. 19-March 20) If an excellent time to step up and reveal your most vulnerable feelings, I urge you to communicate openly, freely, transparently as you outfit and subterranean. The status quo. Have fun and recharge your playful spirit to the max as you explore your surroundings to the very things have always been. At the same time, Pisces, stay closely attuned to your compassion and concern issues. Don't be a quackin' anarchist. Don't be ridiculous just to please your ego. If you follow these guidelines, you will be able to pull off a great interaction that both soothes and stimulates your soul.



We are excited to announce the addition of Dr. Kirsten Nielsen N.D. to the team at Vermont Naturopathic Clinic!

Dr. Nielsen works with patients of all ages to help them toward optimal health. She has joined VNC after leaving a position in a large multidisciplinary clinic in Alaska. She brings extensive clinical experience in women's health and reproductive health, lifestyle medicine, chronic disease prevention, metabolic disorders and weight management, and emotional wellness.

Come to her free lecture on Vitamin D, Tuesday January 21st, 6-7pm at Healthy Living.

Call us today at our convenient South Burlington office to discover how naturopathic care can work for you!

Dr. Kirsten Nielsen N.D.

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